

Center Manager: Sue Quaderer
 Center: Maple Grove
 Center Hours: 9:00a-2:30p
 Address: 4017 Peet, Chesaning, MI
 Phone: 989-845-7444

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><u>Nutrition Education</u> “How to Enjoy the Holidays Without Gaining the Extra Pounds”</p>			<p align="center">1 Bid Euchre Tournament 10a Progressive Euchre Tournament 12:15p</p>	<p align="center">2 Bingo</p>
<p align="center">5 Bid Euchre Tournament 10a Progressive Euchre Tournament 12:30p</p>	<p align="center">6 Social Time Bingo Puzzle</p>	<p align="center">7 Setback Tournament 10a UNO Progressive Euchre Euchre 12:30p</p>	<p align="center">8 Blood Pressure Checks By TTA Bid Euchre Tournament 10a Progressive Euchre Tournament 12:15p</p>	<p align="center">9 Bingo</p>
<p align="center">12 Closed Veterans Day</p>	<p align="center">13 Bingo Puzzle Walking</p>	<p align="center">14 <i>Come + Join us for Thanksgiving Dinner</i> Setback Tournament 10a Corn Hole UNO Progressive Euchre Tournament 12:30p</p>	<p align="center">15 Painting with Steve Wood 9:30a-11:30a Bid Euchre Tournament 10a Thanksgiving Celebration Progressive Euchre Tournament 12:15p</p>	<p align="center">16 Social Time</p>
<p align="center">19 Bid Euchre Tournament 10a Progressive Euchre Tournament 12:30p</p>	<p align="center">20 Bingo Puzzle Walking</p>	<p align="center">21 Setback Tournament 10a Corn Hole UNO Progressive Euchre Tournament 12:30p Commodities</p>	<p align="center">22 Closed Thanksgiving Day</p>	<p align="center">23 Closed Day After Thanksgiving</p>
<p align="center">26 Bid Euchre Tournament 10a Progressive Euchre Tournament 12:30p</p>	<p align="center">27 Bingo Puzzle Walking</p>	<p align="center">28 Setback Tournament 10a Corn Hole Progressive Euchre Tournament 12:30p</p>	<p align="center">29 Birthday Party Bid Euchre Tournament 10a Nutrition Education Progressive Euchre Tournament 12:15p</p>	<p align="center">30 Center Closed For COA Staff Training</p>

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Saginaw County Commission on Aging – Congregate Meals Menu Suggested Donation: \$2.25 - Call 989-797-6880 for details Menu subject to change without notice grams of carbohydrates: 15 grams = 1 carb exchange. All menus are prepared with no added salt & a maximum average of 1200mg sodium per meal. Menu items may be cooked and/or come into contact with the following food allergen products such as Eggs, milk, wheat, fish or peanut products.			1 Chicken Cordon Blue 16 Potatoes Continental 15 Mixed Vegetables 15 Peaches 13 Multigrain Dinner Roll 24 Fat Free White Milk 13	2 Pork Chop w/ Mushroom Gravy 4 Brown Rice 17 Winter blend Vegetables 6 Applesauce 12 Multigrain Dinner Roll 24 Fat Free White Milk 13
5 Beef Dippers 8 Diced Redskin Potatoes 14 Vegetable Medley 10 Fresh Orange 11 Dinner Roll 17 Chocolate Milk 20	6 Italian Chicken Marinara 38 Green Peas 12 Ambrosia 24 Texas Toast 20 Chocolate Milk 20	7 Meatloaf Pie 30 Glazed Carrots 16 Apples w/ Raisins & Nuts 16 Multigrain Dinner Roll 24 Chocolate Milk 20	8 Fish Almondine 7 Lemon Rice w/ Peas 26 Fruited Coleslaw 15 Multigrain Dinner Roll 24 Chocolate Milk 20	9 Beef Stroganoff 6 Penne-Wheat Pasta 19 Caribbean Blend Vegetables 7 Pineapple Tidbits 20 Whole Wheat Bread 19 Fat Free White Milk 13
12 Closed For Veterans Day	13 Cabbage Roll 19 Mixed Vegetables 15 Prebaked Potato 18 Peaches 13 Dinner Roll 17 Fat Free White Milk 13	14 Sliced Turkey w/ gravy 9 Mashed Potatoes 18 Green Bean Casserole 6 Stuffing 4 Pumpkin Pie 50 Whipped Topping 1 Dinner Roll 16 Chocolate Milk 20	15 Mushroom Swiss Burger 28 Baked Beans 38 Capri Vegetables 5 Fruit Cup 15 Fat Free White Milk 13	16 Chili 23 Prebaked Potato 18 Sour Cream 2 Raspberry Spinach Salad 3 Garlic Breadstick 17 Mandarin Oranges 13 Chocolate Milk 20
19 Pork Chop 0 Maple Glazed Sweet Potatoes 33 California Blend Vegetables 6 Applesauce 12 Dinner Roll 16 Chocolate Milk 20	20 Swiss Chicken 0 Potatoes w/ bacon & onions 15 Herbed Green Beans 6 Grapes 8 Whole Wheat Bread 19 Chocolate Milk 20	21 Meatballs w/ gravy 16 Mashed Potatoes 18 Winter Blend Vegetables 6 Fruit Cocktail 14 Whole Wheat Bread 19 Fat Free White Milk 13	22 Closed Thanksgiving Day	23 Closed Day After Thanksgiving
26 Omelet 4 Redskin Potatoes w/ Ham 14 Cinnamon Apple Muffin 22 Hot Buttered Apples 24 Fat Free White Milk 13	27 Chicken Noodle Casserole 38 Corn 27 Cranberry Swirl 38 Multigrain Dinner Roll 24 Fat Free White Milk 13	28 Layered Dinner 11 Tossed Salad 3 Apple Slices 7 Peanut Butter 4 Dinner Roll 16 Chocolate Milk 20	29 Glazed Chicken Quarter 7 Macaroni & Cheese 21 Italian Blend 8 Orange 11 Whole Wheat Bread 16 Fat Free White Milk 13	30 Center Closed COA Staff Training Day

How To Enjoy the Holidays Without Gaining the Extra Pounds

- **EAT GOOD FATS**

- Fats provide satiety. They keep us full longer and help regulate our blood sugars. Throughout the day, before attending holiday parties, be sure to get in those healthy fats. These are things like olive oil and olives, avocado oil and avocados, nuts and nut butters, eggs, and even small amounts of dark chocolate.

- **SNACK BEFORE THE PARTIES**

- Don't starve yourself all day long. If you haven't eaten anything, you'll want to race towards the chips, pretzels, and cookies. Having a snack that contains protein and/or good fats will help ward off that intense hunger. Fruits and vegetables are smart choices when snacking and limit the calories consumed. Try eating a handful of nuts and an apple or carrots and hummus prior to leaving home.

- **SHARE YOUR DESSERT**

- Eat the dessert! But one way to ensure you don't overdo it is to share. Find the one that screams your name. Then, share it, or if it's all for you, take 3 bites and throw the rest away. This allows you to enjoy dessert without overindulging.

- **EAT FROM A SMALL PLATE**

- Try to fit all of the food you'll be eating for the night onto that one smaller plate. This doesn't mean piling it sky-high! This forces you to pick the most delicious-looking foods or those you have to try, and stay away from the filler foods like bread, extra crackers, or just one more cookie.

- **DRINK LOTS OF WATER**

- However, hydration becomes even more important when we think about counteracting holiday indulgences. Water helps to suppress appetite. You've probably heard that often when you feel hungry, you may, in fact, be dehydrated.

- **GET LOTS OF SLEEP**

- There is always so much going on around the holidays. We have social functions, family gatherings, shopping, gift wrapping, etc. Sleep also helps to keep our cortisol levels in check. When we don't sleep, cortisol rises which makes us crave carbs and more food in general. We seek an energy boost elsewhere when we're not refreshed after a night of sleep.