



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Our staff and volunteers honor the brave soldiers who sacrificed their lives for our freedom.	1 Pork Roast w/Cream Gravy, Squash and Cauliflower, Fruit and Dinner Roll	2 Swedish Meatballs with Gravy, Rotini, Peas, Oranges, Whole Wheat Bread	3 Pulled Chicken, Parsley Noodles, Coleslaw, Oranges, Wheat Bread, Carrot Cake	4 Beef and Cheese Lasagna, Garden Salad, Bread Stick, Rice Pudding
7 Roasted Turkey Breast, Parsley Potatoes and Gravy, Veggies, Wheat Bread, Pudding	8 Brown Sugar Glazed Ham, Mashed Sweet Potatoes, Broccoli, Roll, Banana Pudding	9 Stuffed Bell Pepper, Kettle Blend Mixed Veggies, Whole Grain Roll, Fudge Brownie	10 Orange Chicken over Rice, Broccoli, Stir Fried Veggies, Pineapple Chunks & Brownie	11 Salisbury Steak, Gravy, with Baked Potato, Sautéed Peppers, Beets, Wheat Bread
14 Beef Stroganoff over Egg Noodles, Beets, Peas, Mandarin Oranges, Dinner Roll	15 Baked Pork Chop, Mashed Potatoes, Gravy, Cabbage, Strawberries, Wheat Bread & Pink Cake	16 Sloppy Joe with Whole Wheat Bun, Tater Tots, Three-Bean Salad, Iced Banana Cake	17 Marinated Chicken Breast w/Italian Sauce, Whole Grain Rotini, Broccoli, Peaches, Bread Stick	18 BBQ Pork Rib Patty, Potatoes, Green Beans, Cinnamon Apples, Whole Wheat Bun
21 Pot Roast with Gravy, Squash and Cauliflower, Tropical Fruit, Dinner Roll	22 Sweet & Sour Pork, Brown Rice, Squash & Zucchini, Oranges, Wheat Bread	23 Baked Meatloaf with Mashed Potatoes & Gravy, Stewed Tomatoes, Mandarin Oranges, Bread	24 Chicken & Dumplings with Rice, Carrots, Broccoli, Peaches, Bread	25 Oven Breaded Fish Patty, Tartar Sauce, Red Potatoes, Mixed Veggies, Tropical Fruit, Bread
28 No Deliveries In Observance of Memorial Day	29 Shredded Pork w/BBQ Sauce & Bun, Mashed Sweet Potatoes, Cabbage, Peaches	30 Meatballs w/Mushroom Gravy, Rotini, Carrots, Fruit, Whole Wheat Bread	31 Herb Baked Chicken Breast, Mashed Potatoes w/Gravy, Mixed Fruit, Dinner Roll	Please call 24 hours in advance to cancel delivery. 530-878-5718

Lunches provide 1/3 of the recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind!



*Please store your meal in the refrigerator if not eaten immediately

*Discard the meal after 3 days

*When reheating your meal please follow these instructions:

MICROWAVE- Heat 1-2 minutes on high. Check meal & reheat 1-2 minutes if needed.

OVEN - Preheat oven to 250°F. Heat meal for 15-20 minutes until it reaches 165°F.





Nutrition News

Resistance Train to Prevent Muscle Loss



When it comes to muscle: use it, lose it or build it! Muscle plays a crucial role in human health; it allows us to stand, walk, balance, lift and breathe. Building and maintaining muscle is important for both men and women, because strong muscles help reduce back pain, prevent falls and more. Registered dietitian nutritionists, personal trainers and physicians agree muscle mass is important for optimal calorie burning, dense bones and increased energy.

Consistent resistance training at all ages plays an important role in preventing both sarcopenia and osteoporosis, according to the American College of Sports Medicine. Sarcopenia, as defined by the National Institutes of Health, is slow muscle loss that occurs from aging beginning at 30 years old. An individual can lose between 3 to 8 percent of lean body muscle annually depending upon activity rates and nutrition status. Sarcopenia contributes to loss of strength, mobility issues and disability, and falls are a particular concern for older adults with sarcopenia. Resistance training at least twice a week and consuming an adequate amount of high-quality sources of protein may help to slow or partially reverse the effects of natural, gradual sarcopenia.

Resistance training may help prevent osteoporosis, a condition characterized by weak, porous bones, which then become prone to fractures. Similar to sarcopenia, osteoporosis has a gradual onset, with inadequate nutrition and lack of physical activity being some of the risk factors. Adequate calcium and vitamin D consumption paired with sufficient physical activity, specifically resistance training and weight-bearing exercises, can help prevent osteoporosis, reduce severity of the disease or stop its progression.

Although resistance training strengthens and maintains the major muscle groups, it does not always equate to bulking up. Resistance training does not need to happen at the gym; in fact, it is easy to do anywhere. For best outcomes, the ACSM recommends strength training two to three times a week for at least 20 minutes. While some people may prefer weight machines, free weights are the most preferred method and can be used anywhere. When using weight machines, free weights or resistance bands, selecting the proper weight is crucial to improving strength and preventing injury. Set a target of eight to 12 repetitions and work up gradually to two to three sets.

If you prefer exercises that do not require weights, exercises that use your own body weight are also a good option. Pushups, squats, planks, hip lifts and dips are just some of the numerous equipment-free resistance training options. Yoga also builds muscle using body weight while improving flexibility and reducing stress.

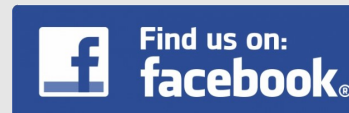
Incorporating resistance training into a regular exercise routine is crucial for maintaining healthy muscles and bones while increased muscle mass can boost energy and metabolism.

Source: <http://www.eatright.org>

For More Information Call:

(530) 878-5718

www.seniorsfirst.org
12183 Locksley Ln. Suite 205



Seniors First is Partially Funded by Area 4 Agency on Aging, Community grants & tax deductible donations



Seniors First Cafes

Open Monday-Friday

Auburn Senior Center
550 High Street

Colfax- Methodist Church
59 W Church Street
Mon-Wed-Fri

Lincoln – Methodist Church
629 I Street

Rocklin – Rolling Oaks
5725 Shannon Bay Dr.

Roseville Area

Maidu Village
101 Sterling Ct.

Manzanita
1019 Madden Lane

Sutter Terrace
6725 Fiddymont Road

Woodcreek Terrace
1295 Hemmingway

For Serving Times and Café Reservations Call:

(530) 878-5718