

MEALS ON WHEELS OF DURHAM
HOME DELIVERED MEALS - DECEMBER 2018



Important Policies:

***Be home between
 10:00 am and 12:30 pm
 Monday - Friday to receive
 your meal.***

*Call us to cancel by **noon**
 the day before delivery.*

*Do you have a doctor's
 appointment this month?*

*Call us **today** to let us
 know when you won't be
 home!*

***If you are not home and
 have not cancelled your
 meal in advance, your
 service could be
 stopped.***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Spaghetti Mixed Veggies Warm Peaches Veggie Juice Medley	4 Turkey Hot Dog Whole Grain Bun Carrots Spiced Pineapple	5 BBQ Pork Riblet Brown Rice California Veggies Ambrosia Whole Wheat Roll	6 Meatball Stroganoff Noodles Italian Mixed Veggies Apple Sauce Whole Wheat Roll	7 Southern Chicken n' Gravy Black Eyed Peas Garlic Spinach Orange
10 Honey Glazed Pork Chop Green Beans Harvard Beets Peaches Wheat Roll	11 Cheese Ravioli w/ Meat Sauce Broccoli Spiced Pears Whole Wheat Roll	12 Stuffed Peppers Carrots Spiced Pineapple Sliced White Bread	13 Chicken Parmesan Butter Noodles 5-Way Veggies Apple Juice	14 Country Fried Steak Mashed Potatoes Seasoned Greens Mixed Fruit Cup
17 Beef Stew w/ Potatoes & Carrots Brussel Sprouts Fruit Compote Wheat Roll	18 Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread	19 Cheeseburger Mac Zucchini & Tomatoes Warm Apple Sauce Veggie Juice Medley	20 Sweet & Sassy Meatloaf Mashed Potatoes Collard Greens Banana Sliced Wheat Bread	21 Baked Ham Sweet Potatoes Green Beans Ambrosia Roll
24 <u>MOW Office Closed</u> A shelf-stable meal will be delivered in advance for this day.	25 <u>Christmas Meal</u> <i>Please tell us if you'll be home!</i> Delivered by our friends at Judea Reform Congregation	26 Roast Turkey w/ Gravy Mac 'n' Cheese Green Beans Ambrosia Corn Bread	27 Cheeseburger Broccoli Spiced Pears Whole Wheat Bun	28 BBQ Pulled Pork Sweet Potato Souffle Stewed Cabbage Hush Puppy Orange
31 <u>MOW Office Closed</u> A shelf-stable meal will be delivered in advance for this day.	<p>For health and safety: Refrigerate any uneaten food <i>immediately!</i></p>			
<p>All meals include 2% milk.</p>				

Menu items are subject to change at any time

FOR YOUR HEALTH



December 2018

Exercising at Home



1. What you need to start:
 - a. A sturdy chair
 - b. Loose-fitting clothing
 - c. Comfortable shoes with arch support
2. When starting:
 - a. Go at a SLOW pace
 - b. Stretch between exercises
 - c. Use relaxing music if it helps
3. Neck and Arms (Only if OK'ed by a healthcare professional.)
 - a. Neck Circles – Help keep neck muscles limber and flexible
 - b. Arm Circles – Help with balance, blood flow, heart rate, and keeping shoulder muscles loose
4. Legs and Feet
 - a. Leg Lifts – Help support core and lower back strength
 - b. Alternating Leg Crosses – Help support core strength and lower back strength

Always consult a healthcare professional before starting any exercise program.