

January Events

Cards
Monday - Friday
12:45 PM

Mahjong
Tuesdays
12:45 PM

Crafts
Tuesdays
12:45 PM

Blood Pressure Check
Wednesdays
11:00 AM

Closed January 1st
for New Year's Day

Closed January 19th
for MLK Jr. Day

Birthday Celebration
Wednesday, January 29th

Did You Know?

January is National Soup Month, and hearty soups and stews have long been a New England winter tradition thanks to their warmth, nutrition, and ability to stretch ingredients.



VARY YOUR VEGETABLES FOR BETTER HEALTH



Eating a variety of vegetables is an easy way to support healthy eating at every age. Small changes throughout the day can add up over time. Try incorporating more vegetables with these simple ideas:

- Start your day with vegetables: Add leftover cooked vegetables to an omelet or breakfast wrap, or blend spinach into a morning smoothie.
- Add variety to salads: Boost color and flavor by mixing in vegetables like corn kernels, radish slices, or diced red onions. Choose seasonal vegetables when possible.
- Try a stir-fry: Quickly cook vegetables such as carrots, shredded cabbage, and leafy greens for a simple meal.
- Spruce up sandwiches and wraps: Add spinach or thinly sliced onions to your favorite sandwich or wrap for extra flavor and crunch.
- Go for a dip or a dunk: Enjoy baked potato wedges, cucumber slices, or cauliflower with hummus, low-fat dip, or homemade Italian dressing.
- Take vegetables on the go: Pack crunchy snacks like carrot sticks, celery, jicama, cherry tomatoes, or sugar snap peas for an easy, portable option.

Source: U.S. Department of Agriculture (USDA), Food and Nutrition Service. "Vary Your Vegetables," Start Simple with MyPlate Tip Sheet (March 2022). USDA is an equal opportunity provider, employer, and lender.



A FRIENDLY REMINDER TO OUR MEALS ON WHEELS RECIPIENTS

If you receive Meals on Wheels, please keep walkways and driveways clear and safe for your delivery team. This small step helps us continue delivering meals to our neighbors without interruption. Thank you for your support!