



HANOVER TOWNSHIP SENIOR CENTER  
 240 S IL ROUTE 59  
 BARTLETT, IL 60103  
 630-483-5600

# STARS-N-STRIPES CAFE AT THE SENIOR CENTER

JANUARY 2-6  
 MONDAY THROUGH FRIDAY  
 11 AM - 1 PM

\$4 FOR 60+, \$6 FOR YOUNGER



## MONDAY, JANUARY 2

*SENIOR CENTER CLOSED IN OBSERVANCE OF NEW YEARS  
 DAY...MAY 2017 BRING YOU  
 GOOD HEALTH AND HAPPINESS*

## TUESDAY, JANUARY 3

**A** CABBAGE ROLLS WITH RED SAUCE WITH ROLL

**B** PORK TACOS WITH CARAMELIZED ONIONS, AVOCADO  
 SALSA WITH FLOUR TORTILLA

SERVED WITH QUINOA SALAD, PINEAPPLE AND SKIM MILK.

## WEDNESDAY, JANUARY 4

**A** TURKEY SCALOPPINI WITH LEMON DIJON KALE & ROLL

**B** SALMON BURGERS WITH AVOCADO AIOLI

SERVED WITH ROASTED TOMATO & EGGPLANT SOUP,  
 FRESH APPLE AND SKIM MILK.

## THURSDAY, JANUARY 5

**A** FENNEL-GARLIC BRAISED BRISKET

**B** HONEY MUSTARD CHICKEN

SERVED WITH WHOLE GRAIN ROLL, ROASTED PEPPER &  
 POTATOES, MIXED CUT FRUIT AND SKIM MILK.

## FRIDAY, JANUARY 6

**A** TEXAS PULLED PORK SLIDERS

**B** TURKEY SLOPPY JOES

SERVED WITH POTATO SALAD, GRAPES, NO SUGAR ADD-  
 ED FRUIT PIE & SKIM MILK.

## Hanover Healthy Habits

Cold weather tips to help you through January: **Avoid Slipping on Ice**  
 Icy, snowy roads and sidewalks make it easy to slip and fall. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations. While younger people often recover relatively quickly from such injuries, older adults face complications, which Dr. Wang says are a leading cause of death from injury in men and women over the age of 65. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted,





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# STARS-N-STRIPES CAFE AT THE SENIOR CENTER

JANUARY 9-13  
 MONDAY THROUGH FRIDAY  
 11 AM - 1 PM

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## MONDAY, JANUARY 9

**A** SALMON CAESAR SALAD WITH ROLL

**B** REUBEN SANDWICH ON RYE

SERVED WITH CHICKEN WILD RICE SOUP, MELON AND SKIM MILK.

## TUESDAY, JANUARY 10

**A** LINGUINE WITH CREAMY MEAT TOMATO SAUCE

**B** STUFFED PEPPERS WITH RED SAUCE & ROLL

SERVED WITH ROASTED ITALIAN SAUSAGE SOUP, PEAR AND SKIM MILK.

## WEDNESDAY, JANUARY 11

**A** ITALIAN BEEF HOAGIE (SANDWICH)

**B** BBQ RIBS & ROLL

SERVED WITH COLESLAW, APPLE AND SKIM MILK.

## THURSDAY, JANUARY 12

**A** CHICKEN SEASONED OLIVE OIL/LEMON WITH ANGEL HAIR PASTA

**B** BEEF SIRLOIN WITH SAUTÉED MUSHROOMS & ROLL

SERVED WITH MIXED SEASONAL VEGETABLES, MIXED FRUIT AND SKIM MILK.

## FRIDAY, JANUARY 13

**A** CHEESEBURGER

**B** CHICKEN SANDWICH WITH TURKEY BACON & AVOCADO

SERVED WITH SWEET POTATO FRIES, ORANGES AND SKIM MILK.

## Hanover Healthy Habits

### Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the [CDC](#), more than half of hypothermia-related deaths were of people over the age of 65.

So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.





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# STARS-N-STRIPES CAFE AT THE SENIOR CENTER

JANUARY 16-20  
MONDAY THROUGH FRIDAY  
11 AM - 1 PM

\$4 FOR 60+, \$6 FOR YOUNGER



## MONDAY, JANUARY 16

CLOSED FOR MARTIN LUTHER KING DAY

## TUESDAY, JANUARY 17

**A** POT ROAST WITH GRAVY & MASHED ROOT VEGETABLES & ROLL

**B** SWEDISH MEATBALLS IN GRAVY WITH NOODLES & MIXED VEGETABLE MEDLEY

SERVED WITH MELON AND SKIM MILK.

## WEDNESDAY, JANUARY 18

**A** CHICKEN CHASSEUR (HUNTER STYLE WITH MUSHROOMS & WHITE WINE SAUCE) & BROWN RICE

**B** NEW ENGLAND CLAM CHOWDER & ROLL

SERVED WITH SPINACH SALAD WITH AVOCADO-RANCH DRESSING, APPLE AND SKIM MILK,

## THURSDAY, JANUARY 19

**B** PORK CHOPS WITH GARLIC MUSTARD SAUCE

OPEN FACE BEEF SANDWICH WITH GRAVY

SERVED WITH GRILLED TEXAS TOAST, MIXED FRUIT AND SKIM MILK.

## FRIDAY, JANUARY 20

**B** TEX-MEX GRILLED CHICKEN SANDWICH

CALIFORNIA TURKEY CLUB WRAP

SERVED WITH QUINOA MUSHROOM SOUP, ORANGES, NO SUGAR ADDED FRUIT PIE AND SKIM MILK.

## Hanover Healthy Habits

### Prepare for Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.



1-800-334-7661

You can report your electric outage online, including on your smart phone or tablet. If you prefer, call us 24/7 at 1-800-Edison-1 (1-800-334-7661). You can quickly and easily report your outage via text message, mobile app or ComEd Facebook app. Online services are available 24 hours a day, 7 days a week



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# STARS-N-STRIPES CAFE AT THE SENIOR CENTER

JANUARY 23-27  
 MONDAY THROUGH FRIDAY  
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## Hanover Healthy Habits

**Prevent Carbon Monoxide Poisoning** Using a fire-place, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.



The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help. Call us! 630 483-5600

### MONDAY, JANUARY 23

**A** SUNDRIED TOMATO BASIL CHICKEN FLATBREAD PIZZA

**B** ITALIAN MEATBALL SLIDERS

SERVED WITH HEARTY MINISTRONE SOUP, APPLE AND SKIM MILK.

### TUESDAY, JANUARY 24

**A** SEARED MAHI (FISH) WITH AVOCADO TOMATO SAUCE

**B** SLICED ROAST BEEF WITH HERB PEPPERCORN SAUCE

SERVED WITH RICE PILAF OR ROLL, ROASTED MIXED VEGETABLES, MELON AND SKIM MILK.

### WEDNESDAY, JANUARY 25

**A** HONEY-MARINATED PORK WITH CHOPPED HERBS/LEMON SAUCE  
**B** CASHEW CHICKEN

SERVED WITH JASMINE RICE WITH GARLIC, GINGER & CILANTRO, GARLIC GREEN BEANS, NO SUGAR ADDED FRUIT PIE AND SKIM MILK.

### THURSDAY, JANUARY 26

**A** COBB SALAD CHICKEN SOFT TACOS

**B** CORNED BEEF & CABBAGE & ROLL

SERVED WITH LOADED POTATO SOUP, MIXED FRUIT AND SKIM MILK.

### FRIDAY, JANUARY 27

**A** CHICKEN SALAD SANDWICH

**B** EGG SALAD BLTs

SERVED WITH ESCAROLE & WHITE BEAN SOUP, FRUIT JUICE AND SKIM MILK.