

August 2025 Meals on Wheels Menu

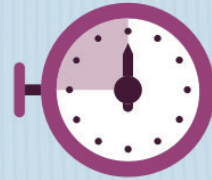


Monday	Tuesday	Wednesday	Thursday	Friday
 To start or pause meals call 1 (906) 483-1155 between 8:30 a.m. and 3 p.m. the day before or earlier.  - Includes local ingredient(s) coppershores.org/mealsonwheels				CLOSED¹ Shelf stable meal delivered on Wednesday, July 30
Chicken sandwich ⁴ Vegetables Applesauce	Macaroni and cheese with ham ⁵ Vegetables Broccoli salad 	Meatloaf ⁶ Mashed potatoes Vegetables Birthday cake 	Chicken salad ⁷ Fruit and yogurt parfait Whole wheat roll 	Fresh Fish ⁸ Rice Vegetables Fresh fruit 
Taco skillet ¹¹ Tortilla chips Pudding 	Pannukkaku ¹² Turkey sausage Mixed berry sauce 	Sloppy Joes ¹³ Baked beans Glazed carrots Coleslaw 	Chicken tenders ¹⁴ Tater tots Vegetables Cookie	Sausage pizza with onions and mushrooms ¹⁵ Salad Blueberry crumble 
Sausage egg and cheese croissant ¹⁸ Potatoes O'Brien Applesauce 	Spaghetti with meat sauce ¹⁹ Garlic bread Vegetables Jello 	Ham dinner ²⁰ Potatoes Vegetables Strawberry shortcake 	Chicken salad ²¹ Banana muffin 	Crispy chicken ²² Wild rice Broccoli Fruit 
Cabbage roll casserole ²⁵ Pickled beets Carrots Fruit cup 	Baked chicken ziti with vegetables ²⁶ Garlic bread Cucumber salad 	Cheeseburger ²⁷ Potato wedges Vegetables Pumpkin fluff 	BBQ pork ²⁸ Baked potato Vegetables Blueberry muffin 	Chicken alfredo pizza ²⁹ Salad Fruit 

All meals include 2% Milk. Menu may vary due to availability of supply and demand.

Health Benefits of Physical Activity

FOR ADULTS 65 AND OLDER



IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

Sleep

Improves sleep quality

Less Anxiety

Reduces feelings of anxiety

Blood Pressure

Reduces blood pressure

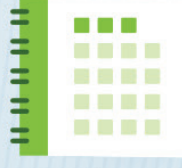
Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 317-344.



LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes

Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Healthy Weight

Reduces risk of weight gain

Independent Living

Helps people live independently longer

Bone Strength

Improves bone health

Balance and Coordination

Reduces risks of falls

Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity.html>

June 2023

Copper Shores Meals on Wheels is a program of Copper Shores Community Health Foundation. Copper Shores Community Health Foundation is a 501(c)(3) that complies with Title VI of the Civil Rights Act of 1964, which prohibits discrimination based upon race, color, and national origin.