

MILWAUKEE COUNTY SENIOR DINING

INDIAN COUNCIL OF THE ELDERLY

944 N. 33rd STREET

(414)933-1401

11:00 FOR IN-PERSON DINING



OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS REQUIRED 414-933-1401 find us on facebook	Suggested Contribution 60+ \$3.00		1 SALAD BAR Reuben Sandwich German Potato Salad Vegetable Cups Chips Sherbet	2 SALAD BAR Jambalaya Rice Pilaf Green Peas Whole Wheat Bread Cheesecake Mousse
6 SALAD BAR Spaghetti & Meat Sauce Italian Green Beans Garlic Bread Juice Brownie	7	8	9 SALAD BAR Cabbage Rolls Garlic Mashed Potatoes Carrots Hawaiian Roll Rice Pudding	10 SALAD BAR Tuna Casserole Green Peas Dinner Roll Juice Cake
13 SALAD BAR Bison Meatballs Mushroom Gravy Wild Rice Diced Squash Cornbread Mixed Berries	14	15	16 SALAD BAR Macaroni & Cheese Steamed Broccoli Bread Juice Red Velvet Cake	17 SALAD BAR Fish Fry Tater Tots Corn Rye Bread Jello
20 SALAD BAR French Dip Au Jus Bread Roll French Fries Coleslaw Juice Mousse	21	22	23 SALAD BAR Roast Turkey Sweet Potato Casserole Beets Juice Carrot Cake	24 SALAD BAR Egg Scramble Casserole Pancakes Sausage Patty Juice Fruit Cup
27 SALAD BAR Shepherds Pie Brussels Sprouts Dinner Roll Juice Rice Krispie Treat	28	29	30 SALAD BAR Chili Baked Potato Steamed Cauliflower Juice Pudding	31 SALAD BAR Hot Dog on a Bun Cheesy Potatoes Corn Chips Peach Cobbler



Brunch for Lunch

MILWAUKEE COUNTY SENIOR DINING



Prevent Health Problems Before They Happen

Your health is important. You can stay healthy by visiting your health care provider regularly for preventive services. Preventive care can keep you from getting sick and can find health problems early.

If you have Medicare, you can get many of these services for free. Anyone with Medicare can use them, and there is no need to sign up or apply.

To help you stay healthy, Medicare covers preventive services:



- Yearly "Wellness" check-ups
- Vaccinations for the flu, shingles, and COVID-19
- Screenings for cancer, diabetes, heart disease, and HIV
- Counseling to help you quit smoking
- Training on how to manage diabetes
- And more!

Many people with Medicare can use these programs, but you do need to meet some guidelines to apply. These guidelines may be different depending on where you live and how much money you make.

Our local team members can help you learn more about these programs in your area and help you apply if you qualify. We can also answer your questions and provide information. Even if you can't get support from these programs, we may be able to assist you in finding other ways to save money. Our services are always free.

Contact us for local help.

Eldercare Locator
[Eldercare.acl.gov](https://eldercare.acl.gov)
800-677-1116



The Eldercare Locator is a public service of the Administration on Aging (AoA), an agency of the U.S. Administration for Community Living. Learn more at [ACL.gov](https://acl.gov).