

CITY OF DALY CITY - DEPARTMENT OF RECREATION SERVICES
ACTIVE ADULT/SENIOR SERVICES

"To enhance the quality of life and promote wellness by providing social, educational, and health services to all adults 50 years plus."

CONGREGATE NUTRITION PROGRAM

Daly City's Congregate Lunch Program is partially subsidized by Older American Act and San Mateo County funds. There is a voluntary contribution for meals, but everyone 60 and over is welcome, regardless of ability to contribute. Meals are prepared and served by Daly City staff with the support of volunteers. All meals meet nutrition guidelines set by San Mateo County Health.

All luncheons have limited space. **Advance reservations are required.** There is a \$3.00 voluntary contribution for eligible participants, and a \$7.00 fee for guests of eligible participants.

Dining center doors open Monday through Friday at 11:00 am and lunch is served at 12:00 pm.



For more information, please contact specific center.

DOELGER SENIOR CENTER

101 Lake Merced Boulevard
 (650) 991-8012

LINCOLN PARK COMMUNITY CENTER

901 Brunswick Street
 (650) 991-8018

BAYSHORE COMMUNITY CENTER

450 Martin Street
 (650) 991-5701

GELLERT PARK CLUBHOUSE

50 Wembley Drive
 (650) 991-8017



FEBRUARY 2026

*MENU IS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Salad Whole Wheat Bun, Chicken & Rice Soup, Lettuce, Tomato, & Fruit	3 Roasted Turkey Turkey Gravy, Cornbread Stuffing, Vegetables & Fruit	4 Garden Burger Sautéed Onions, Roasted Potatoes, Lettuce, Tomato, & Fruit	5 Chicken Florentine Cellentani Pasta, Vegetables & Fruit	6 Beef Ravioli Primavera Sauce, Garden Salad & Fruit
9 Hot Ham and Cheese Whole Wheat Bun, Potato & Corn Chowder, & Fruit	10 Cottage Pie Garlic Mashed Potatoes, Vegetables & Fruit	11 Chicken Adobo White Rice, Vegetables & Fruit	12 Spinach & Cheese Tortellini w/ Pesto Sauce Garden Salad & Fruit	13 Pepper Steak Brown Rice, Vegetables & Fruit
16 PRESIDENTS DAY CENTERS CLOSED	17 <small>LUNAR NEW YEAR CELEBRATION</small> Ginger & Scallion Salmon Baked Fish Garlic Noodles, Vegetables & Fruit	18 <small>BIRTHDAY CELEBRATION</small> Salmon Piccata Wild Rice, Vegetables & Fruit	19 Sausage, Mushroom & Spinach Frittata Roasted Potatoes, Tossed Salad & Fruit	20 Mandarin Chicken Egg Fried Rice, Steamed Dumplings, Vegetables & Fruit
23 Tuna Salad on a Croissant Minestrone Soup, Lettuce, Tomato, & Fruit	24 Mushroom & Swiss Turkey Burger Sweet Potato Fries, Lettuce, Tomato, & Fruit	25 Baked Chicken Country Gravy, Mashed Potatoes, Vegetable & Fruit	26 Beef & Red Potato Stew Cornbread Muffin, Garden Salad & Fruit	27 Pork Masala Brown Rice, Vegetable & Fruit

RESISTANCE TRAIN TO PREVENT MUSCLE LOSS



By Sarene Alsharif, MPH

Published August 31, 2020

Reviewed July 2020

When it comes to muscle: use it, lose it or build it! Muscle plays a crucial role in human health; it allows us to stand, walk, balance, lift and breathe. Building and maintaining muscle is important for both men and women, because strong muscles help reduce back pain, prevent falls and more. Registered dietitian nutritionists, personal trainers and physicians agree muscle mass is important for optimal calorie burning, dense bones and increased energy.

Consistent resistance training at all ages plays an important role in preventing both sarcopenia and osteoporosis. Sarcopenia is a slow muscle loss that occurs with aging. An individual that is not physically active can lose an estimated 3% to 5% of lean body muscle per decade after the age of 30. Sarcopenia contributes to loss of strength, mobility issues and disability, and falls are a particular concern for older adults with sarcopenia. Resistance training at least twice a week and consuming an adequate amount of high-quality sources of protein may help to slow or partially reverse the effects of natural, gradual sarcopenia.

Resistance training may help prevent osteoporosis, a condition characterized by weak, porous bones, which then become prone to fractures. Similar to sarcopenia, osteoporosis has a gradual onset, with inadequate nutrition and lack of physical activity being some of the risk factors. Adequate calcium and vitamin D consumption paired with sufficient physical activity, specifically resistance training and weight-bearing exercises, can help prevent osteoporosis, reduce severity of the disease or stop its progression.

Although resistance training strengthens and maintains the major muscle groups, it does not always equate to bulking up. Resistance training does not need to happen at the gym; in fact, it is easy to do anywhere. For best outcomes, the Physical Activity Guidelines for Americans recommend strength training two to three times a week, to the point at which it would be difficult to do another repetition. While some people may prefer weight machines, free weights are often a preferred method and can be used anywhere. When using weight machines, free weights or resistance bands, selecting the proper weight is crucial to improving strength and preventing injury. Set a target of eight to 12 repetitions and work up gradually to two to three sets.

If you prefer exercises that do not require weights, exercises that use your own body weight also are a good option. Pushups, squats, planks, hip lifts and dips are just some of the numerous equipment-free resistance training options. Yoga can also build muscle using body weight while improving flexibility and reducing stress.

Incorporating resistance training into a regular exercise routine is crucial for maintaining healthy muscles and bones while increased muscle mass can boost energy and metabolism.

Sarene Alsharif, MPH, is a self-employed nutrition educator and writer in Rockford, Ill.