



November 2024

# The Carlton Times

Nourishing Mind, Body, and Soul



Pictured: CSL Pleasant Hill-Martinez

# Alexa and Privacy

The Alexa devices provided by your community and Speak2 are managed under Amazon's Senior Living platform. Your security and privacy are of the utmost importance!

Your Speak2 Alexa device is completely anonymous, which means:

- No credit card, email, or phone number are stored.
- Speak2 protects you from any marketing or direct contact by outside, unwelcome sources.
- The device cannot be reset or used outside of the specific Wi-Fi and address of your Carlton community.
- If the device is moved outside your Carlton community, it will not work and it will not reset.

Your Alexa device only “listens” when it hears its assigned wake word (Alexa or Echo). It is not constantly recording, listening, or streaming data to Amazon. When it hears the wake word, the device will show a blue light. If there is no blue light, it is not “listening.”

If you do not want your device to respond to its wake word, press the mute button on the top of the device. A red light indicates that the device is muted. Alexa will not respond to any commands when it is muted.

**Questions about Alexa? Speak with your Resident Liaison or Activities Manager.**







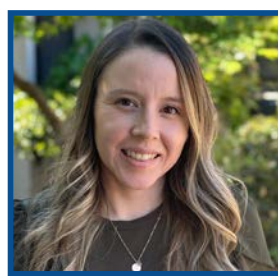
# ORANGEVALE Management Team



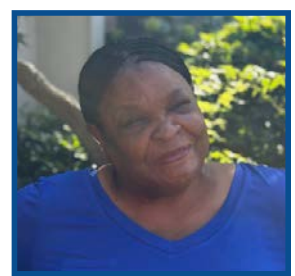
**Manny Dirar**  
Community Manager



**Ellaina Canady**  
Executive Assistant



**Anali Grove**  
Director of Resident  
Services



**Trudy Parker**  
Director of Memory  
Care



**Vanessa Romero**  
Sales Director



**Graciela Paz**  
Sales Assistant



**Ranesh Sharma**  
Maintenance Manager



**Gabby Sterba**  
Resident Liaison



**Cynthia Lipford**  
Assisted Living  
Activities Manager



**Rebecca Frieholtz**  
Memory Care  
Activities Manager



**Mary Kingori**  
Medication Manager



**Monica Saelee**  
Dining Room  
Manager



**Darren Zinck**  
Chef

# TRANSPORTATION POLICIES

## Doctor Shuttle

We offer transportation to medical appointments on **Tuesdays and Thursdays**. **The shuttle begins service at 8:30 AM and must return to the community by 4:00 PM.** Transportation is available on a first come, first served basis. We require at least 48 hours' notice for transportation requests. All transportation is subject to Cynthia's approval and driver availability.

## Outings & Scenic Drives

We offer a variety of scenic drives and outings every month. Check the activity schedule to see what's on! There may be a cost associated with some outings. Note: you are required to sign up at the front desk for most outings.

## Church Shuttle

Our church shuttle provides free transportation to religious services within a 10 mile radius of our community on Sunday mornings between 9:00 AM and 12:30 PM. Currently, we provide transportation to Divine Savior Catholic Church and Redeemer Covenant Church. Other churches can be added to the route, just ask! Please sign up at the front desk.

## Transportation Charges

All Tuesday/Thursday shuttle transportation within a 10 mile radius of our community is **FREE**. This includes Orangevale, Carmichael, Citrus Heights, Fair Oaks, Folsom, Rancho Cordova, Rocklin, and Roseville. For transportation outside of the 10 mile radius, there is a \$15.00/half hour service charge (one half hour minimum, and then \$7.50 per quarter hour thereafter, rounding up).

## How to Schedule Transportation

**Option 1 (preferred):** Contact Cynthia and John (driver). Text or e-mail is preferred. Text Cynthia (925-965-0146), or email both at [clipford@carltonseniorliving.com](mailto:clipford@carltonseniorliving.com) and [orangevaleactivities@carltonseniorliving.com](mailto:orangevaleactivities@carltonseniorliving.com) to ensure a speedy response.

**Option 2:** Fill out a transportation request form, either at the front desk or in Cynthia's office.

# *Carlton Spotlight*

## **Resident**



**Edward Wagnon**

Say hello to Edward Wagnon! Edward was born in May, Texas, a small town near the center of the state. He was born in a nursing home because there was no hospital nearby! Edward lived in Texas until he went into the Navy, at which point he was sent to Florida. After his stint in the Navy, Edward made his way back to Texas where he attended University. He later moved out to California, and served as an Administrator with the Veteran's Administration in Palo Alto. His wife Sofia also worked at the VA, and both Edward and Sofia were fortunate enough to be able to retire in their 50's and spent many years traveling. They have been able to visit Europe and Asia; one of Edward's fondest memories was of riding an elephant in the Mekong River in Thailand! Edward enjoys watching cowboy movies and shows on TV, and is looking forward to joining some of our exercise programs.

## **Staff**



**Terri Roth**

Terri has worked as Activity Assistant here at Carlton for the past three years. Terri was born in Paterson, New Jersey and moved to California with her parents, brother, and sister at the age of nine. She is married to her husband, Jeff who she met when they were attending Fresno State University. She has three children; Mary Cate who lives in Las Vegas, Matthew who lives in Fort Worth, Texas, and her daughter Emily who worked at Carlton as a med tech for three years. Terri and Emily had fun working together!

Terri enjoys gardening, crocheting, and spending time with her three dogs: Scout, Champ, and Arlo. Some of her favorite memories as a child were taking day trips to Monterey and San Francisco with her family. Her favorite place to visit is Lake Tahoe.





## NOVEMBER THEME DAYS

### Friday 11/1 • Dia de los Muertos

Wear bright colors or a “sugar skull” shirt!

### Monday 11/11 • Veterans Day

Wear red, white, and blue to honor our military veterans.

### Monday 11/18 • Mickey Mouse’s 95th Birthday

Wear a Mickey Mouse shirt, or any Disney character! We will have Mickey Mouse ears to hand out as well.

### Thursday 11/28 • Thanksgiving

Wear brown, burgundy, and gold, or turkey shirts!

## *Live Entertainment*

Saturday 11/2

**Robert Greene on Guitar**

2:00 PM

Wednesday 11/6

**Chaz Steffan on Guitar and Piano**

3:30 PM

Saturday 11/9

**Curt Stoffel on Guitar**

1:30 AM

Wednesday 11/13

**Beny Rivers on Saxophone**

3:30 PM

Saturday 11/16

**Darrell Effinger on Guitar**

2:00 PM

Wednesday 11/20

**Midtown Jazz Band**

3:30 PM

Saturday 11/23

**Skip Morgan on Guitar**

2:00 PM

Wednesday 11/27

**Evening Star Band**

3:30 PM

Saturday 11/30

**The Elaine Lord Duo**

2:00 PM



## Daylight Savings Ends

Set your clocks  
*back* one hour  
before you go to  
bed on **Saturday**  
the 2nd!

## Flu and COVID Vaccine Clinic

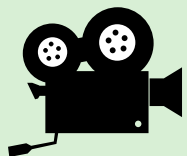


Friday, November 8  
10:00 AM to 12:00 PM  
Private Dining Room

# Carving Memories

Enjoy a fun filled time with lunch and refreshments at Oranegvale Auditorium! You can meet new people, mingle with friends you have met before and learn more about what's going on at Orangevale Parks! Sign up at the front desk!

Friday  
Nov. 8th!



Is there a movie that you would like us to add to our evening movie schedule?

Stop by the front desk to add your suggestion to the movie suggestion list! All suggestions are welcome.

*Descriptions of our evening movies are also available at the front desk.*

## FRIDAY, NOVEMBER 1

9:30 - Morning Walk (L)  
10:00 - This Week in History (AR)  
11:00 - Fitness Ball Workout (CR)  
12:30 - Chair Massage (CR)  
1:00 - Toss & Talk Ball Game (LR)  
2:15 - Scrabble (AR)  
3:30 - Bingo (AR)  
6:00 - Movie: "The Prince & Me" (2004) Rated PG (AR)



Keep your mind active with  
**Carlton University!**

Carlton University, our training and continuing education program for employees, also offers monthly classes for residents!

### **November's Class Topic: "The History of Disneyland"**

Taught by Taren Petros, Vice President of Business Operations and Technology

Tuesday, November 5th at 11:00 AM  
In the Activities Room

Do you have a topic you'd like Carlton University to teach?  
Give your suggestion to your activities manager!

## SATURDAY, NOVEMBER 2

9:30 - Morning Walk (L)  
10:00 - Word Games: Word in a Word (LR)  
11:00 - Strength Training (CR)  
1:00 - Games Corner: Uno (CR)  
**2:00 - Live! In the Living Room: Robert Greene (LR)**  
3:30 - Bingo (AR)  
6:00 - Movie: "Dead Poets Society" (1989) Rated PG (AR)

**Set Your Clocks Back One Hour Tonight!**

### LOCATION KEY

(AR) Activities Room  
(CR) Craft Room  
(CY) Central Courtyard  
(DR) Main Dining Room  
(L) Lobby  
(LR) Living Room  
(PDR) Private Dining Room

**Activities are subject to change.**

## SUNDAY, NOVEMBER 3

### 9:15 - SIGN UP: Church Shuttle (L)

9:30 - Morning Walk (L)  
10:00 - Coffee and Donuts Social (LR)  
10:45 - Communion Service (PDR)  
11:00 - Morning Stretch (CR)  
1:00 - Afternoon Walk (L)  
1:30 - Bananagrams (CR)  
**2:00 - SIGN UP: Scenic Drive (L)**  
3:30 - Bingo (AR)  
6:00 - Movie: "23 Blast" (2014) Rated PG-13 (AR)

## THURSDAY, NOVEMBER 7

### Happy Birthday Janet J!

9:30 - Morning Walk (L)  
10:00 - Trivia (LR)  
11:00 - Fabulous Fitness (CR)  
12:05 - UC Davis Virtual Noon Concert: "Music for String Trio" (AR)  
**1:00 - SIGN UP: Ceramics with Susan (CR)**  
2:00 - Live 2B Healthy (AR)  
3:30 - Bingo (AR)  
6:00 - Movie: "Field of Dreams" (1989) Rated PG (AR)

## MONDAY, NOVEMBER 4

9:30 - Morning Walk (L)  
10:00 - Worship Service (AR)  
10:00 - Brain Games: Around the World (LR)  
11:00 - Standing Balance (AR)  
12:30 - Movement and Music with Alicia (CR)  
1:00 - Afternoon Walk (L)  
**1:30 - SIGN UP: Shopping at Walmart (L)**  
2:00 - Singing Circle (LR)  
3:30 - 10¢ Bingo (AR)  
6:00 - Movie: "My Fair Lady" (1964) Not Rated (AR)

## FRIDAY, NOVEMBER 8

9:30 - Morning Walk (L)  
10:00 - This Week in History (AR)  
**10:00 - Flu And COVID Vaccine Clinic Begins (PDR)**  
**11:00 - SIGN UP: Outing to Orangevale Auditorium for "Carving Memories" (L)**  
1:00 - Balloon Badminton (LR)  
**2:15 - Book Club Meeting (CR)**  
3:30 - Bingo (AR)  
6:00 - Movie: "Book Club" (2018) Rated PG-13 (AR)

## TUESDAY, NOVEMBER 5

### Election Day - Happy Birthday Ken H!

9:30 - Morning Walk (L)  
10:00 - This Week in the News (AR)  
**11:00 - Carlton University: The History of Disneyland (AR)**  
**1:00 - Craft: Gratitude Tree (AR)**  
1:30 - Tai Chi with Shauna (CR)  
2:30 - Bean Bag Toss (LR)  
3:30 - Bingo (AR)  
6:00 - Movie: "Paul Blart, Mall Cop" (2009) Rated PG (AR)

## SATURDAY, NOVEMBER 9

9:30 - Morning Walk (L)  
10:00 - Word Games: Boggle (LR)  
11:00 - Strength Training (CR)  
1:00 - Games Corner: Yahtzee! (CR)  
**2:00 - Live! In the Living Room: Curt Stoffel (LR)**  
3:30 - Bingo (AR)  
6:00 - Movie: "Annie Hall" (1977) Rated PG (AR)

## WEDNESDAY, NOVEMBER 6

9:30 - Morning Walk (L)  
10:00 - Discussion: People and Places (AR)  
11:00 - Indoor Golf (LR)  
1:00 - Stitching Circle (LR)  
1:30 - Balance for Life with Joan (CR)  
2:00 - Mexican Train Dominoes (AR)  
**3:30 - Happy Hour with Chaz Steffan (LR)**  
6:00 - Movie: "El Dorado" (1967) Not Rated (AR)

*Wendy's Salon*

Open Tuesdays.

To schedule an appointment,  
call (916) 412-2349.



## SUNDAY, NOVEMBER 10

### 9:15 - SIGN UP: Church Shuttle (L)

9:30 - Morning Walk (L)

10:00 - Coffee and Donuts Social (LR)

### 10:00 - Televised: 49ers At Tampa Bay (AR)

10:45 - Communion Service (PDR)

11:00 - Morning Stretch (CR)

1:00 - Afternoon Walk (L)

1:30 - Bananagrams (CR)

### 2:00 - SIGN UP: Scenic Drive (L)

3:30 - Bingo (AR)

6:00 - Movie: "2 Hearts" (2020) Rated PG-13 (AR)

## THURSDAY, NOVEMBER 14

9:30 - Morning Walk (L)

10:00 - Trivia (LR)

11:00 - Fabulous Fitness (CR)

12:05 - UC Davis Virtual Noon Concert: "Golden West Brass" (AR)

### 1:00 - Art: Fallen Leaves Tissue Art (CR)

2:00 - Live 2B Healthy (AR)

3:30 - Bingo (AR)

6:00 - Movie: "Girl Haunts Boy" (2024) Rated PG (AR)

## MONDAY, NOVEMBER 11

### *Veteran's Day*

9:30 - Morning Walk (L)

10:00 - Worship Service (AR)

### 11:00 - Special Veteran's Day Ceremony (AR)

1:00 - Afternoon Walk (L)

12:30 - Movement and Music with Alicia (CR)

### 1:30 - SIGN UP: Shopping at Raley's (L)

2:00 - Singing Circle (LR)

3:30 - 10¢ Bingo (AR)

6:00 - Movie: "Anchors Aweigh" (1945) Not Rated (AR)

## FRIDAY, NOVEMBER 15

9:30 - Morning Walk (L)

10:00 - This Week in History (AR)

11:00 - Fitness Ball Workout (CR)

1:00 - Toss & Talk Ball Game (LR)

### 2:00 - Bunny Visit with Cindy (LR)

3:30 - Bingo (AR)

6:00 - Movie: "Judy" (2019) Rated PG-13 (AR)

## TUESDAY, NOVEMBER 12

9:30 - Morning Walk (L)

10:00 - This Week in the News (AR)

11:00 - Fabulous Fitness (CR)

### 1:00 - Craft: Fall Leaf Bowl (AR)

1:30 - Tai Chi with Shauna (CR)

### 2:30 - Department Head Meeting (AR)

3:30 - Bingo (AR)

6:00 - Movie: "Paul Blart, Mall Cop 2" (2015) Rated PG (AR)

## SATURDAY, NOVEMBER 16

9:30 - Morning Walk (L)

10:00 - Word Games: Word in a Word (LR)

11:00 - Strength Training (CR)

1:00 - Games Corner: Quirkle (CR)

### 2:00 - Live! In the Living Room: Darrell Effinger (LR)

3:30 - Bingo (AR)

6:00 - Movie: "Paper Moon" (1973) Rated PG (AR)

## WEDNESDAY, NOVEMBER 13

9:30 - Morning Walk (L)

### 10:00 - SIGN UP: Morning Stroll at Orangevale Park (L)

10:15 - Discussion: People and Places (AR)

11:00 - Morning Stretch (LR)

1:00 - Stitching Circle (LR)

1:30 - Balance for Life with Joan (CR)

### 2:00 - SIGN UP: Afternoon Stroll at Orangevale Park (L)

2:00 - Mexican Train Dominoes (AR)

3:30 - Happy Hour with Beny Rivers (LR)

6:00 - Movie: "The Outlaw Josey Wales" (1976) Rated PG (AR)

## Resident Council Meeting

**Thursday, November 14th**

**At 3:00 PM**

**In the Activities Room**

Resident Council Meetings are open to all community residents. Participate in meetings for community updates and to share your opinion.

## SUNDAY, NOVEMBER 17

### 9:15 - SIGN UP: Church Shuttle (L)

9:30 - Morning Walk (L)

10:00 - Coffee and Donuts Social (LR)

10:45 - Communion Service (PDR)

11:00 - Morning Stretch (CR)

**1:00 - Hymn Singing with Sunrise Church (AR)**

**1:05 - Televised: 49ers at Home vs. Seahawks (AR)**

**2:00 - SIGN UP: Scenic Drive (L)**

2:30 - Afternoon Walk (L)

3:30 - Bingo (AR)

6:00 - Movie: "Titanic" (1953) Not Rated (AR)

## THURSDAY, NOVEMBER 21

### Happy Birthday Patti P!

9:30 - Morning Walk (L)

10:00 - Trivia (LR)

11:00 - Fabulous Fitness (CR)

**12:00 - Special Noon Feature: "Stories of a Generation with Pope Francis Parts 1 and 2" (2021) Rated TV-14 (AR)**

1:00 - **SIGN UP: Ceramics with Susan (CR)**

2:00 - Live 2B Healthy (AR)

**3:00 - Resident Council Meeting (AR)**

6:00 - Movie: "On The Basis of Sex" (2018) Rated PG-13 (AR)

## MONDAY, NOVEMBER 18

9:30 - Morning Walk (L)

10:00 - Worship Service (AR)

10:00 - Brain Games: Scattergories (LR)

11:00 - Standing Balance (AR)

12:30 - Movement and Music with Alicia (CR)

1:00 - Afternoon Walk (L)

**1:30 - SIGN UP: Shopping at (L)**

2:00 - Singing Circle (LR)

3:30 - 10¢ Bingo (AR)

6:00 - Movie: "Chicago" (2002) Rated PG-13 (AR)

## FRIDAY, NOVEMBER 22

9:30 - Morning Walk (L)

10:00 - This Week in History (AR)

**10:30 - Live in the Living Room: Alvin Soriaga (LR)**

1:00 - Balloon Badminton (LR)

**2:00 - Bunny Visit with Cindy (LR)**

3:30 - Bingo (AR)

6:00 - Movie: "First Daughter" (2004) Rated PG (AR)

## TUESDAY, NOVEMBER 19

### Happy Birthday Maryjo H!

9:30 - Morning Walk (L)

10:00 - This Week in the News (AR)

11:00 - Strength Training (CR)

**1:00 - Therapy Dogs Visit (LR)**

1:30 - Tai Chi with Shauna (CR)

2:30 - Science for Seniors: Tornadoes (AR)

3:30 - Bingo (AR)

6:00 - Movie: "Zookeeper" (2011) Rated PG (AR)

## SATURDAY, NOVEMBER 23

### Happy Birthday Kay K!

9:30 - Morning Walk (L)

10:00 - Word Games: Boggle (LR)

11:00 - Fabulous Fitness (CR)

**1:00 - Games Corner: Scrabble (CR)**

**2:00 - Live! In the Living Room: Skip Morgan (LR)**

3:30 - Bingo (AR)

6:00 - Movie: "All About Eve" (1950) Not Rated (AR)

## WEDNESDAY, NOVEMBER 20

9:30 - Morning Walk (L)

10:00 - Discussion: People and Places (AR)

**10:30 - SIGN UP: Morning Shuttle to See's Candies (L)**

11:00 - Indoor Golf (LR)

1:00 - Stitching Circle (LR)

1:30 - Balance for Life with Joan (AR)

**2:00 - SIGN UP: Afternoon Shuttle to See's Candies (L)**

2:00 - Mexican Train Dominoes (AR)

**3:30 - Happy Hour with Midtown Jazz (AR)**

6:00 - Movie: "The Searchers" (1956) Not Rated (AR)

*Please welcome our newest neighbors to the community!*

Edward W

Dennis H

Christina B



## SUNDAY, NOVEMBER 24

### 9:15 - SIGN UP: Church Shuttle (L)

9:30 - Morning Walk (L)

10:00 - Coffee and Donuts Social (LR)

10:45 - Communion Service (PDR)

11:00 - Morning Stretch (CR)

1:00 - Afternoon Walk (L)

### 1:25 - Televised: 49ers at Green Bay (AR)

1:30 - Bananagrams (LR)

### 2:00 - SIGN UP: Scenic Drive (L)

3:30 - Bingo (AR)

6:00 - Movie: "Titanic" (1997) Rated PG-13 (AR)

## THURSDAY, NOVEMBER 28

### Happy Thanksgiving!

9:30 - Morning Walk (L)

10:00 - Turkey Trivia (LR)

### 10:30 - Reading Notes of Gratitude (LR)

12:00 - Special Noon Feature: "Stories of a Generation with Pope Francis Parts 3 and 4" (2021) Rated TV-14 (AR)

### 1:00 - Craft: Mini Sock Pumpkins (CR)

2:00 - Strength Training (AR)

3:30 - Bingo (AR)

6:00 - Movie: "Hannah and Her Sisters" (1986) Rated PG-13 (AR)

## MONDAY, NOVEMBER 25

9:30 - Morning Walk (L)

10:00 - Worship Service (AR)

10:00 - Brain Games: Around the World (LR)

11:00 - Standing Balance (AR)

12:30 - Movement and Music with Alicia (CR)

1:00 - Afternoon Walk (L)

### 1:30 - SIGN UP: Shopping at (L)

2:00 - Singing Circle (LR)

3:30 - 10¢ Bingo (AR)

6:00 - Movie: "An American in Paris" (1951) Not Rated (AR)

## FRIDAY, NOVEMBER 29

9:30 - Morning Walk (L)

10:00 - This Week in History (AR)

11:00 - Fitness Ball Workout (CR)

1:00 - Toss & Talk Ball Game (LR)

### 2:15 - Book Club Meeting (CR)

3:30 - Bingo (AR)

6:00 - Movie: "The Grass Harp" (1995) Rated PG (AR)

## TUESDAY, NOVEMBER 26

9:30 - Morning Walk (L)

10:00 - This Week in the News (AR)

11:00 - Fabulous Fitness (CR)

### 1:00 - Art: Tie-Dye Shirts and Socks (AR)

1:30 - Tai Chi with Shauna (CR)

2:30 - Bean Bag Toss (LR)

3:30 - Bingo (AR)

6:00 - Movie: "Deidra and Laney Rob a Train" (2007) Rated TV-14 (AR)

## SATURDAY, NOVEMBER 30

9:30 - Morning Walk (L)

10:00 - Word Games: Boggle (LR)

11:00 - Strength Training (CR)

### 1:00 - Games Corner: Scattergories (AR)

2:00 - Live! In the Living Room: The Elaine Lord Duo (LR)

3:30 - Bingo (AR)

6:00 - Movie: "The Time Machine" (1960) Not Rated (AR)

## WEDNESDAY, NOVEMBER 27

### Happy Birthday Sandy S!

9:30 - Morning Walk (L)

10:00 - Discussion: People and Places (AR)

### 10:30 - SIGN UP: Movie Outing: "Wicked" at Regal UA Roseville (L)

11:00 - Morning Stretch (LR)

1:00 - Afternoon Walk (L)

1:30 - Balance for Life with Joan (AR)

2:00 - Mexican Train Dominoes (AR)

### 3:30 - Monthly Birthday Celebration with Evening Star (AR)

6:00 - Movie: "Stagecoach" (1939) Not Rated (AR)

## Follow Us!



CarltonSeniorLiving.com



CSLORANGEVALE



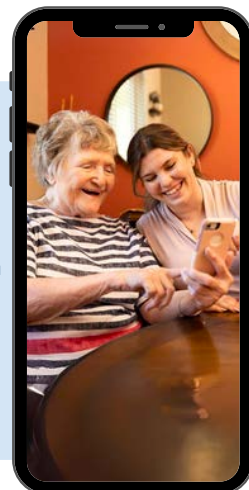
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## ***The Eight Best “Superfoods” for Older Adults***

Nutrition is important at all ages, but especially as we grow older. A balanced diet filled with “superfoods” promotes good health for both the mind and the body and can help prevent illness and disease. Superfoods are foods that are minimally processed and nutrient dense. No single superfood provides all the nutrition older adults need, but they are an important part of a balanced diet.

These eight superfoods are known to contribute to healthy aging:

### **1. Dark Leafy Greens**

Dark leafy greens like kale and spinach are loaded with vitamins A and C, which help protect the heart and moderate blood pressure levels. They also contain vitamin K, which can help prevent osteoporosis. Note: vitamin K interacts with the common blood-thinning drug warfarin (Coumadin). Speak with your doctor before adding more leafy greens to your diet.

### **2. Cruciferous Vegetables**

Broccoli, cabbage, Brussels sprouts, and turnips all fall into this category. They are great sources of fiber, vitamins, and phytochemicals, which may help prevent some cancers.

### **3. Blueberries**

Studies have shown that blueberries may help delay age-related cognitive decline. Blueberries are also rich in antioxidants, which help protect our cells against free-radical damage and reduce the risk for heart disease and cancer.

### **4. Nuts and Seeds**

Nuts are packed with antioxidants, fiber, and plant protein. They also contain monounsaturated fats, which may lower heart disease risk. Seeds, like chia, hemp, and flax seeds, are rich in omega-3 fatty acids, fiber, and antioxidants and are good for heart and liver function.

### **5. Eggs**

Although egg yolks contain cholesterol, they are a good source of protein, vitamin B12, and vitamin D. Egg yolks also contain choline, a nutrient and neurotransmitter responsible for regulating mood and memory.

### **6. Fatty Fish**

Salmon, herring, mackerel, trout, and tuna steaks are all excellent sources of protein—a nutrient vital to maintaining muscle mass in older adults. They're also full of omega-3 fatty acids, which can help reduce the risk of heart disease.

### **7. Plain Greek Yogurt**

Just one cup of Greek yogurt contains 17 grams of protein as well as 20% of the daily recommended intake of calcium. It also contains probiotics, which are good for gut health.

### **8. Avocados**

Avocados are loaded with nourishing fats and antioxidants.