
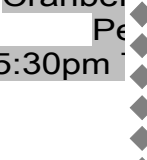



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<div> <div>Free Congregate Meal For Seniors 60+</div> <div>Commission on Aging & Senior Center 308 Lawndale, Grayling</div> <div> <div>Must be a first time meal.</div> <div>  </div> </div> <div>Located Behind Burger King</div> </div>	<div> <div>Cranberry Chicken, Baked Potato Peas & Carrots, Sweet Potato 5:30pm</div> <div>  </div> <div> Crawford County Commission on Aging & Senior Center December 2016 At-A-Glance Meal & Activities Calendar </div> </div>		<div> <div>1 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Taco Salad, Refried Beans, Corn, Mandarin Oranges, 12:30pm Bible Study 1pm Penny Bingo 5pm Dinner – Pork Chop Supreme, Red Skin Potato, Brussel Sprouts, Tossed Salad w/Tomato, Applesauce 5:45pm Let's Talk Turkey Pres.</div> </div>	<div> <div>2 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool-9 Ball</div> </div>	3
4	5	6	7	8	9	10
	<div> <div>12pm Lunch – Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner – Cranberry Chicken, Baked Potato, Pease & Carrots, Plums 5:30pm TrueNorth Home Energy Efficiency Problems</div> </div>	<div> <div>10am Bible Study 10am Zumba Gold 12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Check 5pm Dinner - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce</div> </div>	<div> <div>9:30am Commodities @ St Mary's 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch - Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange, 1pm Pool-Ball in Hand 1pm Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries</div> </div>	<div> <div>10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 12:30pm Bible Study 1pm Penny Bingo 4-6pm Christmas Dinner -Roast Beef w/Gravy, Roasted Redskins, Midori Blend, Mixed Fruit, Minted Brownies</div> </div>	<div> <div>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool-9 Ball</div> </div>	
11	12	13	14	15	16	17
	<div> <div>12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes</div> </div>	<div> <div>9am Munson Free Breakfast Pres 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries</div> </div>	<div> <div>10am Pickleball @ Frederic Twp Hall 10am Line Dancing @ The Brook 12pm Lunch – Chicken & Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm-4pm DHHS Eligibility Specialist 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Birthday Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear, Cake & Ice Cream</div> </div>	<div> <div>10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 12:30pm Bible Study 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner - Beef Taco, Corn, Refried Beans, Apricot 5:45pm Christmas Carol Sing-A-Long</div> </div>	<div> <div>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool – 9 Ball</div> </div>	
18	19	20	21	22	23	24
	<div> <div>12pm Lunch - Pork with Kraut, Green Beans, Apricots 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries,</div> </div>	<div> <div>10am Bible Study 10am Zumba Gold 12pm Lunch - Shepards Pie, Winter Blend Vegetable, Fresh Orange 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries 6pm COA Board Mtg @ Center</div> </div>	<div> <div>10am Line Dancing @ Northern Pines 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Tips & Noodles, Asparagus Tips, Apple Slices 1pm Pool-Ball in Hand 1pm Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner –Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail,</div> </div>	<div> <div>10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch – Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 12:30pm Bible Study 1pm Penny Bingo 5pm Dinner – Stuffed Peppers, Prince Charles Veggie Blend, Apricots</div> </div>	<div> <div>OFFICE CLOSED</div> <div>  </div> </div>	
25	26	27	28	29	30	
	<div> <div>OFFICE CLOSED</div> <div>  </div> </div>	<div> <div>10am Bible Study 12pm Lunch - Breaded Cod, Baked Potato, Prince Charles Veggie Blend, Apple Slices 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Lasagna, Breadstick, Tossed Salad w/Tomato, Winter Blend Vegetable, Red Grapes</div> </div>	<div> <div>10am Pickleball @ Frederic Twp Hall 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1-4pm Legal Assist-Appt. Required 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - Beef Pot Roast in Gravy, Boiled Potato, Green Beans, Apple Slices,</div> </div>	<div> <div>10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch – Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 12:30pm Bible Study 1pm Penny Bingo 5pm Dinner - Beef Enchilada, Corn, Peaches</div> </div>	<div> <div>OFFICE CLOSED</div> <div>  </div> </div>	