


Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<div style="border: 2px dashed black; padding: 10px;"> <p><i>Crawford County</i> <i>Commission on Aging &amp; Senior Center</i></p> <h2>February 2017</h2> <h3>At-A-Glance Meal &amp; Activities Calendar</h3> </div>		<b>1</b> 10am Line Dancing 10am Pickleball @ Frederic Twp Hall <b>12pm Lunch</b> - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt <b>12:30pm TrueNorth Dial Down/Bundle Up</b> 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner</b> - Beef Pot Roast in Gravy, Boiled Potato, Green Beans, Apple Slices,	<b>2</b> 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch</b> - Meatloaf, Baked Potato, Broccoli, Strawberries 12:30pm Bible Study 1pm Penny Bingo <b>5pm Dinner</b> - Beef Enchilada, Corn, Peaches <b>5:45pm Barry Van Guilder Concert</b>	<b>3</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lunch</b> - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball	<b>4</b>
<b>5</b>	<b>6</b> 10am Flower Arrangement Class 10am Chair Volleyball <b>12pm Lunch</b> - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 12:30pm Beginning Clogging <b>1-2:30 pm TEFAP @ American Legion</b> 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. <b>5pm Dinner</b> - Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail	<b>7</b> 10am Bible Study 10am Zumba Gold <b>12pm Lunch</b> - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre <b>1-3pm Neck Msg Appt.Req'd</b> 4-5pm Blood Press/Sugar Checks <b>5pm Dinner</b> - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana	<b>8</b> <b>9:30am Commodities @ St Mary's</b> 10am Line Dancing 10am Pickleball @ Frederic Twp Hall <b>12pm Lunch</b> - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner</b> - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear	<b>9</b> 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch</b> - Taco Salad, Refried Beans, Corn, Mandarin Oranges, 12:30pm Bible Study 1pm Penny Bingo <b>4-6pm Valentine's Dinner</b> - Prime Rib, Sweet Scalloped Potatoes, Fresh Green Bean Blend, Mandarin Oranges, Brownies	<b>10</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Frederic Satellite</b> <b>12pm Lunch</b> - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool-9 Ball	<b>11</b>
<b>12</b>	<b>13</b> 10am Flower Arrangement Class 10am Chair Volleyball <b>12pm Lunch</b> - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums	<b>14</b> 10am Bible Study 10am Zumba Gold <b>11:30-6pm Foot Clinic-Need Appt</b> <b>12pm Lunch</b> - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Check <b>5pm Dinner</b> - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce	<b>15</b> 10am Pickleball @ Frederic Twp Hall 10am Line Dancing <b>11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St</b> <b>12pm Lunch</b> - Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange, <b>1pm-4pm DHHS Eligibility Specialist</b> 1pm Pool-Ball in Hand & Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's <b>5pm Birthday Dinner</b> - Pork Roast, Green Beans, Baked Potato, Fresh Pear, Cake & Ice Cream	<b>16</b> 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch</b> - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 12:30pm Bible Study 1pm Penny Bingo 3pm Medicine Shoppe Bingo <b>5pm Dinner</b> - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums	<b>17</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lovells Satellite</b> <b>12pm Lunch</b> - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool-9 Ball	<b>18</b>
<b>19</b>	<b>20</b> 10am Flower Arrangement Class 10am Chair Volleyball <b>12pm Lunch</b> - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices <b>1-4pm Hearing Clinic-Appt. Req'd</b> 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. <b>5pm Dinner</b> - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	<b>21</b> 10am Bible Study 10am Zumba Gold <b>12pm Lunch</b> - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>5pm Dinner</b> - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries <b>6pm COA Board Mtg @ Center</b>	<b>22</b> 10am Pickleball @ Frederic Twp Hall 10am Line Dancing @ The Brook <b>12pm Lunch</b> - Chicken & Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes <b>1-4pm Legal Assist-Appt. Required</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner</b> - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries	<b>23</b> 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch</b> - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 12:30pm Bible Study 1pm Penny Bingo <b>5pm Dinner</b> - Beef Taco, Corn, Refried Beans, Apricot <b>5:45pm Love Songs Sing-A-Long</b>	<b>24</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lunch</b> - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball	<b>25</b>
<b>26</b>	<b>27</b> 10am Flower Arrangement Class 10am Chair Volleyball <b>12pm Lunch</b> - Pork with Kraut, Green Beans, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. <b>5pm Dinner</b> - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries,	<b>28</b> 10am Bible Study 10am Zumba Gold <b>12pm Lunch</b> - Shepards Pie, Winter Blend Vegetable, Fresh Orange 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>5pm Dinner</b> - Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries	<div style="border: 2px dashed black; padding: 10px;"> <p><b>Free Congregate Meal</b> <b>For Seniors 60+</b> Commission on Aging &amp; Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p><b>Must be a first time meal.</b></p>  </div>		<div style="border: 2px dotted black; padding: 10px;"> <p><b>Winter is Here! Warm up with a SOUP-to-GO at the Senior Center!</b></p> <p><b>Two soup choices daily!</b></p> <p><b>Featured Soups</b>            Mon - Cream of Broccoli            Tuesday - Potato            Wed- Cream of Mushroom            Thurs - Bean and Ham            Friday - Chili</p> <p><b>Soup to Go</b></p>  <p><b>Only \$1.00</b></p> <p><b>Now Available</b>            Monday-Friday 11:30am-12:30pm            Monday-Thur. 4:30-5:30pm            308 Lawndale St.            Crawford County Commission on Aging &amp; Senior Center</p> <p>Stop by or call ahead &amp; Order (989) 348-7123</p> </div>	