

Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean & Ham</i>	FRIDAY <i>Chili</i>	Sat	
2	3 9am Pickleball @ Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Bridge Club 5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums	4 OFFICE CLOSED  11am - 4th of July Parade Downtown Fireworks at City Park @ Dusk	5 9am Pickleball @ Frederic Twp Hall 12pm Lunch – Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner – Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	6 9am Pickleball @ Frederic Twp Hall 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Penny Bingo 3-4pm Aerobic Drumming 5pm Dinner - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums	7 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11am Blood Pressure Checks 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool – 9 Ball	8 Shred Day 10am @ Spikes Mt. Hope Food Truck 11am	
9	10 9am Pickleball @ Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Bridge Club 5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	11 9am Pickleball @Frederic Twp Hall 10am Pickleball @ Grayling Elem. 10am-Noon - CCC at City Hall 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 - Beef Taco, Corn, Refried Beans, Apricots	12 9am Pickleball @ Frederic Twp Hall 9:30am Commodities @ St. Mary's 12pm Lunch – Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Birthday Dinner – French Dip Sandwich, Red Skin Potato, Corn, Burst O'Berries, Cake & Ice Cream	13 9am Pickleball @ Frederic Twp Hall 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 1pm-4pm DHHS Assistance 1pm Wii bowling at Bellaire 1pm Penny Bingo 3pm Aerobic Drumming 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear 5:45pm – Brian Ashton; Free Concert	14 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 1pm Pantry Bingo 1pm Pool – 9 Ball 5pm – Beach Bums Trip	15	
16	17 9am Pickleball @ Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class 12pm Lunch - Pork with Kraut, Green Beans, Apricots 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries,	18 9am Munson Breakfast Pres. 9am Pickleball @Frederic Twp Hall 10am Pickleball @ Grayling Elem. 10am-Noon - CCC at City Hall 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.	19 9am Pickleball @ Frederic Twp Hall 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch – Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner – Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail	20 9am Pickleball @ Frederic Twp Hall 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch – Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear 1pm Penny Bingo 3pm Medicine Shoppe Bingo 3pm Aerobic Drumming 5pm Dinner – Stuffed Peppers, Prince Charles Veg Blend, Apricots 6pm New to Medicare	21 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Beef Tips & Noodles, Asparagus, Apple Slices 1pm Pantry Bingo 1pm Pool-9 Ball	22	
23	24 9am Pickleball @ Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class 12pm Lunch – Breaded Cod, Red Skin Potatoes, Prince Charles Veggie Blend, Apple Slices 1pm Bridge Club 5pm Dinner - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange	25 9am Pickleball @Frederic Twp Hall 10am Pickleball @ Grayling Elem. 10am-Noon - CCC at City Hall 10am Bible Study 10am Zumba Gold 12pm Lunch – Meatloaf, Baked Potato, Broccoli, Strawberries 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner – Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes	26 9am Pickleball @ Frederic Twp Hall 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1-4pm Legal Assist-Appt. Required 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner – Beef Pot Roast, Boiled Potato, Green Beans, Apple Slices	27 9am Pickleball @ Frederic Twp Hall 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch – Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Wii Bowling w/Rapid City 1pm Penny Bingo 4-6pm Chicken BBQ Dinner w/Potato Salad, Fresh Green Beans w/mushrooms, Mixed Fruit, Ice Cream & Desserts	28 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch – Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball	29	
30	31 9am Pickleball, Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class 12pm Lunch – Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 1pm Bridge Club 5pm Dinner – Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail	<div style="border: 1px dashed black; padding: 10px;"> <p style="text-align: center;">Free Congregate Meal For Seniors 60+</p> <p style="text-align: center;">Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p style="text-align: center;"><i>Must be a first time meal.</i></p>  </div>		<div style="border: 1px solid black; padding: 10px; text-align: center;">  <p>The Crawford County Commission on Aging & Senior Center accepts and welcomes SNAP/EBT customers.</p> </div>		<div style="border: 2px solid black; padding: 10px;"> <p style="font-size: 1.2em;">Crawford County Commission on Aging & Senior Center</p> <p style="font-size: 2em; font-weight: bold;">July 2017</p> <p style="font-size: 1.2em;">At-A-Glance Meal & Activities Calendar</p> </div>	