


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	
	<p align="center">Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p align="center">Must be a first time meal.</p> 	<p><i>Crawford County</i> <i>Commission on Aging & Senior Center</i> June 2017 At-A-Glance Meal & Activities Calendar</p>			<p>1 10am AARP Class @ Free Methodist 10am Pickleball @ Frederic Twp Hall 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 3pm Aerobic Drumming 5pm Dinner - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums</p>	<p>2 10am AARP Class @ Free Methodist 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</p>	3
4	<p>5 10am Aerobic Drumming 10am Flower Arrangement Class 10am Pickleball, Frederic Twp Hall 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes</p>	<p>6 10am Bible Study 10am Zumba Gold 10am Pickleball, Frederic Twp Hall 12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 12:15pm TrueNorth; Recycling Everything 1-3pm Neck Msg Appt. Req'd 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear</p>	<p>7 9:30am Commodities @ St. Mary's 10am Crochet Class 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 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 Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O'Berries</p>	<p>8 10am Pickleball @ Frederic Twp Hall 10am Crafting & 10am Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 12:30pm Bible Study @ Burger King 1pm Wii Bowling w/Manton 1pm Penny Bingo 4-6pm Father's Day Dinner - BBQ Ribs, Baked Beans, Ramen Noodle Salad, Watermelon, Apple Pie</p>	<p>9 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball</p>	10	
11	<p>12 10am Aerobic Drumming 10am Flower Arrangement Class 10am Pickleball, Frederic Twp Hall 12pm Lunch - Pork with Kraut, Green Beans, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Stuffed Peppers, Prince Charles Veg Blend, Apricots</p>	<p>13 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 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</p>	<p>14 10am Crochet Class 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Tips & Noodles, Asparagus, Apple Slices 1-4pm Smart 911 Sign-up 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Birthday Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail, Cake & Ice Cream</p>	<p>15 10am Pickleball @ Frederic Twp Hall 10am Crafting & 10am Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear 12:30pm Bible Study 1pm Penny Bingo 3pm Aerobic Drumming 5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries, 5:45pm - David Dickerson Concert</p>	<p>16 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball</p>	17	
18 <i>Father's Day</i>	<p>19 10am Aerobic Drumming 10am Flower Arrangement Class 10am Pickleball, Frederic Twp Hall 12pm Lunch - Breaded Cod, American Potato Salad, Prince Charles Veggie Blend, Apple Slices 12:30pm Beginning Clogging 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange</p>	<p>20 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold 12pm Lunch - Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes 6pm COA Board Mtg</p>	<p>21 10am Crochet Class 10am Pickleball @ Frederic Twp Hall 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm-4pm DHHS Assistance 1pm Mahjong 1pm Pool-Ball in Hand & Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - Beef Pot Roast, Boiled Potato, Green Beans, Apple Slices</p>	<p>22 10am Pickleball @ Frederic Twp Hall 10am Crafting & 10am Color Craze 10am Pokeno 12pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries 12:30pm Bible Study 1pm Wii Bowling at Kalkaska 1pm Penny & Medicine Shoppe Bingo 3pm Aerobic Drumming 5pm Dinner - Beef Enchilada, Corn, Peaches 6pm - USDA Food Safety Class</p>	<p>23 9am Card Golf 10am Pinochle 11am Blood Pressure Checks 12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo; Sponsored by Heartland Home Health Care 1pm Pool-9 Ball</p>	24	
25	<p>26 10am Aerobic Drumming 10am Flower Arrangement Class 10am Pickleball, Frederic Twp Hall 12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail</p>	<p>27 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold 12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes, 1pm Euchre 4-5pm Blood Press/Sugar Check 5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana</p>	<p>28 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 12:30-5pm Michigan Blood Drive HERE! 1-4pm Legal Assist-Appt. Required 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear,</p>	<p>29 9am Munson Breakfast Pres. 10am Pickleball @ Frederic Twp Hall 10am Crafting & 10am Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch -Taco Salad, Refried Beans, Corn, Mandarin Oranges , 12:30pm Bible Study 1pm Penny Bingo 3pm Aerobic Drumming 5pm Dinner - Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce</p>	<p>30 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; Sponsored by InteliCare Health Services 1pm Pool-9 Ball</p>		