
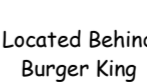



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	 <p><i>Crawford County</i> <i>Commission on Aging & Senior Center</i></p> <h2>June 2016</h2> <h3>At-A-Glance Meal & Activities Calendar</h3>		1 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 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	2 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries 1pm Penny Bingo 5pm Dinner - Beef Enchilada, Corn, Peaches	3 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Hospice of Michigan Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	4
5	6 12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem 5pm Dinner - Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail	7 10am Bible Study 10am Zumba Gold 12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre No Neck Massage Today 4-5pm Blood Press/Sugar Checks 5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana	8 9:30am Commodities @ St Mary's 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Pear	9 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Taco Salad, Black Beans, Corn, Mandarin Oranges Wii Bowling w/Manton 1pm Penny Bingo 4-6pm Father's Day Dinner - BBQ Ribs, Smoked Baked Beans, Ramen Salad, Fruited Jell-O, German Chocolate Cake	10 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite Meal 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Hospice Compassus Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke 5:15pm Beach Bums Trip	11
12	13 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	14 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Western Omelette, Hashbrown Stix, Broccoli & Cauliflower, Applesauce	15 9am-Noon DHHS Eligibility Specialist 10am Pickleball @ Frederic Twp Hall 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch - Chicken Stir Fry w/Brown Rice, Fresh Orange, Pineapple Chunks 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Birthday Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums, Cake & Ice Cream	16 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums 6pm Arauco Presentation	17 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite Meal 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Hilltop Manor Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	18 Hazardous Waste Collection Ct. House Pkg Lot 9am-2pm
19	20 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 1-4pm Hearing Clinic-Appt. Req'd 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	21 10am Bible Study 10am Zumba Gold 12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Neck Msg Appt.Req'd 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Pear 5pm Dean McCray's Ret. Party 6pm COA Board Mtg @Center	22 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Chicken & Mushroom Orrechiette, Broccoli, Mixed Vegetables, Red Grapes 1-4pm Legal Assist.-Appt. Required 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries	23 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots Wii Bowling at Kalkaska 1pm Penny Bingo 5pm Dinner - Beef Taco, Corn Refried, Beans, Apricots 6pm Firewise Presentation	24 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Michigan Premier Pantry Bingo 1pm Pool - 9 Ball 3:30pm Karaoke	25
26	27 12pm Lunch - Pork with Kraut, Green Beans, Apricots 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries	28 9am Munson Free Breakfast Pres. 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	29 8pm Detroit Tigers Trip - Mini Mall 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Tips & Noodles, Asparagus Tips, Apple Slices 1pm Mahjong 1pm Wii Bowling 1pm Pool- Ball in Hand 2:30pm Unlucky 7's 5pm Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail	30 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Pear 1pm Penny Bingo 5pm Dinner - Stuffed Peppers, Prince Charles Veggie Blend, Apricots	<div style="border: 1px dashed black; padding: 10px;"> <p>Free Congregate Meal For Seniors 60+</p> <p>Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind  Must be a first time meal. </p> </div>	