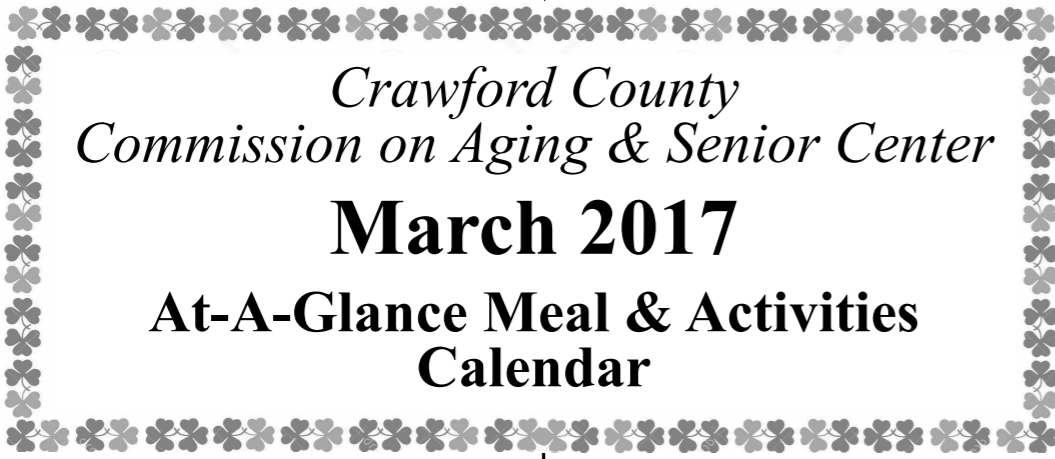


Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
	 <p><i>Crawford County</i> <i>Commission on Aging & Senior Center</i></p> <h2>March 2017</h2> <h3>At-A-Glance Meal & Activities Calendar</h3>		1 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch – Beef Tips & Noodles, Asparagus, Apple Slices 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner – Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail	2 10am Color Craze 10am Crafting 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 5pm Dinner - Stuffed Peppers, Prince Charles Veggie Blend, Apricots	3 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball	4	
5	6 10am Flower Arrangement Class 12pm Lunch – Breaded Cod, American Potato Salad, Prince Charles Veggie Blend, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange	7 10am Bible Study 10am Zumba Gold 12pm Lunch – Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Euchre 1-3pm Neck Msg Appt.Req'd 4-5pm Blood Press/Sugar Checks 5pm Dinner – Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes	8 9:30am Commodities @ St Mary's 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm-4pm DHHS Assistance 1pm Pool-Ball in Hand & Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner – Beef Pot Roast, Boiled Potato, Green Beans, Apple Slices	9 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch – Meatloaf, Baked Potato, Broccoli, Strawberries 12:15pm TrueNorth; Energy Star Rebates 1pm Wii Bowling at Manton 12:30pm Bible Study 1pm Penny Bingo 4-6pm St. Patrick's Dinner – Corned Beef & Cabbage, Roasted Red Skins, Parisian Carrots, Mixed Fruit, Mint Chocolate Chip Ice Cream	10 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch – Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball	11	
Change Clocks Forward	12	13 10am Flower Arrangement Class 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	14 9am Munson Breakfast Pres. 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 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	15 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1-4pm Smart 911 Sign-Up 1pm Pool-Ball in Hand & Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Birthday Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear, Cake & Ice Cream	16 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Taco Salad, Refried Beans, Corn, Mandarin Oranges, 12:30pm Bible Study 1-3pm NEMSCA Services Sign-up 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner – Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce 5:45pm Great Lakes Graham & the Fiddle Man Concert	17 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool-9 Ball	18
	19	20 10am Flower Arrangement Class 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1-4pm Hearing Clinic-Appt. Req'd 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums	21 10am Bible Study 10am Zumba Gold 12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce 6pm COA Board Mtg @ Center	22 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch – Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange 1-4pm Legal Assist-Appt. Required 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner – Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	23 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Wii bowling at Belle Oakes 12:30pm Bible Study 1pm Penny Bingo 5pm Dinner - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums 5:45pm Early Days: History of the AuSable River Valley	24 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool – 9 Ball	25
26	27 10am Flower Arrangement Class 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	28 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 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear	29 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	30 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 5pm Dinner - Beef Taco, Corn, Refried Beans, Apricots	31 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool – 9 Ball		