

Sun	<b>MONDAY</b> <i>Cream of Broccoli</i>	<b>TUESDAY</b> <i>Potato</i>	<b>WEDNESDAY</b> <i>Cream of Mushroom</i>	<b>THURSDAY</b> <i>Navy Bean &amp; Ham</i>	<b>FRIDAY</b> <i>Chili</i>	Sat	
	<b>1</b> 10am Aerobic Drumming 10am Flower Arrangement Class 11am Pickleball @ Frederic Twp Hall <b>12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices</b> 12:30pm Beginning Clogging <b>1pm TEFAP at American Legion Hall</b> 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. <b>5pm Dinner - Spaghetti &amp; Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes</b>	<b>2</b> 10am Bible Study 10am Zumba Gold <b>12pm Lunch - Sweet &amp; Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries</b> <b>1-3pm Neck Msg Appt. Req'd</b> 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>5pm Dinner - Beef Taco, Corn, Refried Beans, Apricots</b>	<b>3</b> <b>9:30am Commodities @ St Mary's</b> 10am Pickleball @ Frederic Twp Hall 10am Line Dancing <b>12pm Lunch - Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O'Berries</b>	<b>4</b> <b>9am Munson Breakfast Pres.</b> 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas &amp; Carrots, Apricots</b> 12:30pm Bible Study 1pm Penny Bingo 3pm Aerobic Drumming <b>5pm Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear</b> <b>5:45pm - Oh Brother, Big Sister Free Concert</b>	<b>5</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches</b> 1pm Pantry Bingo 1pm Pool - 9 Ball	<b>6</b>	
<b>7</b>	<b>8</b> 10am Aerobic Drumming 10am Flower Arrangement Class 11am Pickleball @ Frederic Twp Hall <b>12pm Lunch - Pork with Kraut, Green Beans, Apricots</b> 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. <b>5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries,</b>	<b>9</b> 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>11:30-6pm Foot Clinic-Need Appt</b> <b>12pm Lunch - Shepards Pie, Winter Blend Vegetable, Fresh Orange</b> <b>12:15pm TrueNorth; Gardening</b> 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>5pm Dinner - Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries</b>	<b>10</b> 10am Pickleball @ Frederic Twp Hall <b>12pm Lunch - Beef Tips &amp; Noodles, Asparagus, Apple Slices</b> 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail</b>	<b>11</b> 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear</b> 12:30pm Bible Study @ Burger King 1pm Wii Bowling w/Rapid City 1pm Penny Bingo <b>4-6pm Mother's Day Dinner - Roast Beef, Scalloped Potatoes, Asparagus, Fruit Cocktail, Mixed Berry Pie</b>	<b>12</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Frederic Satellite</b> <b>12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce</b> 1pm Pantry Bingo 1pm Pool-9 Ball	<b>13</b>	
<b>14</b>	<b>15</b> 10am Aerobic Drumming 10am Flower Arrangement Class <b>12pm Lunch - Breaded Cod, American Potato Salad, Prince Charles Veggie Blend, Apple Slices</b> 12:30pm Beginning Clogging <b>1-4pm Hearing Clinic-Appt. Req'd</b> 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. <b>5pm Dinner - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange</b>	<b>16</b> 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>12pm Lunch - Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana</b> 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>5pm Dinner - Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes</b>	<b>17 Older Michiganian Day</b> 10am Crochet Class 10am Pickleball @ Frederic Twp Hall <b>11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St</b> <b>12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt</b> <b>1pm-4pm DHHS Assistance</b> 1pm Pool-Ball in Hand & Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's <b>5pm Birthday Dinner - Beef Pot Roast, Boiled Potato, Green Beans, Apple Slices, Cake &amp; Ice Cream</b>	<b>18 8am Detroit Tigers Trip</b> 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries</b> 12:30pm Bible Study 1pm Penny Bingo 3pm Medicine Shoppe Bingo <b>5pm Dinner - Beef Enchilada, Corn, Peaches</b>	<b>19</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lovells Satellite</b> <b>12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce</b> 1pm Pantry Bingo 1pm Pool-9 Ball	<b>20</b>	
<b>21</b>	<b>22</b> 10am Aerobic Drumming 10am Flower Arrangement Class <b>12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas &amp; Pearl Onions, Apricots</b> 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. <b>5pm Dinner - Liver &amp; Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail</b>	<b>23</b> 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>12pm Lunch - Taco Salad, Refried Beans, Corn, Mandarin Oranges</b> 1pm Euchre 4-5pm Blood Press/Sugar Check <b>5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana</b>	<b>24</b> 10am Crochet Class 10am Pickleball @ Frederic Twp Hall <b>12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange</b> <b>1-4pm Legal Assist-Appt. Required</b> 1pm Pool-Ball in Hand & Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's <b>5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear,</b>	<b>25</b> 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes,</b> 12:30pm Bible Study @ Burger King 1pm Wii Bowling w/Kalkaska 1pm Penny Bingo 3pm Aerobic Drumming <b>5pm Dinner - Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce</b>	<b>26</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple</b> 1pm Pantry Bingo 1pm Pool-9 Ball	<b>27</b>	
<b>28</b>	<b>29</b>  funmunch.com	<b>30</b> 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>12pm Lunch - Hamburger, Peas &amp; Carrots, Sweet Potato Fries, Burst O' Berries</b> 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>5pm Dinner - Western Omelet, Hashbrown Stix, Broccoli &amp; Cauliflower, Applesauce</b>	<b>31</b> 10am Crochet Class 10am Pickleball @ Frederic Twp Hall <b>12pm Lunch - Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries</b>	 <i>Crawford County</i> <i>Commission on Aging &amp; Senior Center</i> <b>May 2017</b> <b>At-A-Glance Meal &amp; Activities Calendar</b> 			