

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
1	2 9:30-11:30am Matter of Balance at Frederic Twp. 12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 1pm-2:30pm TEFAP American Legion 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Pork Chop Supreme, Red Skinned Potato, Brussels Sprouts, Tossed Salad w/Tomato, Applesauce	3 10am Bible Study 10am Zumba Gold 12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre 1-3pm Neck Msg Appt.Req'd 4-5pm Blood Press/Sugar Checks 5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana	4 9:30am Commodities @ St Mary's 9:30-11:30am Matter of Balance at Frederic Twp. 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Pear	5 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Taco Salad, Black Beans, Corn, Mandarin Oranges, 1pm Penny Bingo 5pm Dinner - Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail	6 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Hospice of Michigan Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	7	
8	9 9:30-11:30am Matter of Balance at Frederic Twp. 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums	10 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 Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce	11 Older Michiganians Day 9:30-11:30am Matter of Balance at Frederic Twp. 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Chicken Stir Fry w/Brown Rice, Fresh Orange, Pineapple Chunks 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	12 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Penny Bingo Wii Bowling w/Rapid City 4-6pm Mother's Day Dinner - Roast Beef, Mashed Potatoes, Midon Blend Vegetables, Mandarin Oranges, Red Velvet Cake	13 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite Meal 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Hospice Compassus Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	14	
15	16 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 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	17 10am Bible Study 10am Zumba Gold 12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre 2pm Karaoke at the Brook 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Neck Msg Appt.Req'd 5pm Dinner - Beef Taco, Corn, Refried Beans, Apricots 6pm COA Board Mtg @ Center	18 9:30-11:30am Matter of Balance at Frederic Twp. 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch - Chicken & Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Birthday Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries, Cake & Ice Cream	19 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Pear 6pm Straight Forward Concert	20 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite Meal 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 1pm Hilltop Manor Pantry Bingo 1pm Pool - 9 Ball 3:30pm Karaoke	21	
22	23 Home Heating Credit - Appt. Required 9:30-11:30am Matter of Balance at Frederic Twp 12pm Lunch - Pork with Kraut, Green Beans, Apricots 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries,	24 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	25 9:30-11:30am Matter of Balance at Frederic Twp. 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Beef Tips & Noodles, Asparagus Tips, Apple Slices 1-4pm Legal Assist.-Appt. Required 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail	26 10am Color Craze 10am Crafting 10am Pokeno 11am Golden Toners Exercise 12pm Lunch - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Pear Wii Bowling w/Bell Oakes 1pm Penny Bingo 5pm Dinner - Stuffed Peppers, Prince Charles Veggie Blend, Apricots	27 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Michigan Premier Pantry Bingo 1pm Pool-9 Ball 3:30pm Karaoke	28	
29	30 OFFICE CLOSED REMEMBER THOSE WHO SERVED  ALL GAVE SOME, SOME GAVE ALL Memorial Day	31 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 w/Tomato, Winter Blend Vegetable, Red Grapes	<div style="border: 2px solid black; padding: 10px;"> <p><i>Crawford County</i> <i>Commission on Aging & Senior Center</i></p> <p>May 2016</p> <p>At-A-Glance Meal & Activities Calendar</p> </div>			<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 Burger King <i>Must be a first time meal.</i></p>  </div>	30