



Sun	<u>MONDAY</u> <i>Cream of Broccoli</i>	<u>TUESDAY</u> <i>Potato</i>	<u>WEDNESDAY</u> <i>Cream of Mushroom</i>	<u>THURSDAY</u> <i>Navy Bean & Ham</i>	<u>FRIDAY</u> <i>Chili</i>	Sat	
	<div style="border: 2px dotted black; padding: 10px;"> <p><i>Crawford County</i> <i>Commission on Aging & Senior Center</i></p> <h1>September 2017</h1> <h2>At-A-Glance Meal & Activities Calendar</h2> </div>			<p>Free Congregate Meal For Seniors 60+</p> <p>Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p>Must be a first time meal.</p> 		<p>1 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks</p> <p>12pm Lunch – Baked Ham, Baked Sweet Potato, Green Beans, Applesauce</p> <p>1pm Pantry Bingo 1pm Pool – 9 Ball</p>	2
3	<p>OFFICE CLOSED</p> 	<p>4</p> <p>9am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold</p> <p>12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes</p> <p>1-3pm Neck Msg Appt. Req'd 1pm Euchre 4-5pm Blood Press/Sugar Checks</p> <p>5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana</p> <p>6pm Aerobic Drumming</p>	<p>5</p> <p>9am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold</p> <p>12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange</p> <p>1pm Pool-Ball in Hand 1pm Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's</p> <p>5pm Dinner – BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear</p>	<p>6</p> <p>9am Pickleball @ Frederic Twp Hall 9:30am Commodities @ St. Mary's</p> <p>12pm Lunch – Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange</p> <p>1pm Pool-Ball in Hand 1pm Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's</p> <p>5pm Dinner – BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear</p>	<p>7</p> <p>9am Pickleball @ Frederic Twp Hall 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise</p> <p>12pm Lunch Taco Salad, Refried Beans, Corn, Mandarin Oranges</p> <p>1pm Penny Bingo 3pm Aerobic Drumming</p> <p>5pm Dinner - Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce</p> <p>6pm Aerobic Drumming</p>	<p>8</p> <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11am Blood Pressure Checks</p> <p>12pm Frederic Satellite 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple</p> <p>1pm Pantry Bingo 1pm Pool – 9 Ball</p>	9
10	<p>11</p> <p>9am Pickleball, Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class</p> <p>12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce</p> <p>12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging</p> <p>5pm Dinner - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Grapes</p>	<p>12</p> <p>9am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold</p> <p>11:30-6pm Foot Clinic-Need Appt</p> <p>12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries</p> <p>1pm Euchre 4-5pm Blood Press/Sugar Checks</p> <p>5pm Dinner – Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce</p> <p>6pm Aerobic Drumming</p>	<p>13</p> <p>9am Pickleball, Frederic Twp Hall 10am Line Dancing</p> <p>12pm Lunch – Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange</p> <p>1pm-4pm DHHS Assistance 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's</p> <p>5pm – Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries</p>	<p>14</p> <p>9am Pickleball, Frederic Twp Hall 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise</p> <p>12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices</p> <p>1pm Wii Bowling at Bellaire 1pm Penny Bingo 3pm Aerobic Drumming</p> <p>5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums</p> <p>5:45pm – Michael Carluccio Concert 6pm Aerobic Drumming</p>	<p>15</p> <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks</p> <p>12pm Lovells Satellite 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches</p> <p>1pm Pantry Bingo 1pm Pool – 9 Ball</p>	16	
17	<p>18</p> <p>9am Pickleball, Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class</p> <p>12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices</p> <p>12:30pm Beginning Clogging 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging</p> <p>5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes</p>	<p>19</p> <p>9am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold</p> <p>12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries</p> <p>1pm Euchre</p> <p>4-5pm Blood Press/Sugar Checks</p> <p>5pm Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear</p> <p>6pm COA Board Mtg 6pm Aerobic Drumming</p>	<p>20</p> <p>9am Pickleball @ Frederic Twp Hall 10am Line Dancing 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St</p> <p>12pm Lunch - Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes</p> <p>1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's</p> <p>5pm Dinner – French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries</p> <p>5:30pm Enchanted Forest Party</p>	<p>21</p> <p>9am Pickleball, Frederic Twp Hall 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise</p> <p>12pm Lunch – BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots</p> <p>1pm Penny Bingo 3pm Medicine Shoppe Bingo</p> <p>4-6pm Grandparents Day – BBQ Ribs, Midori Blend, Ramen Noodle Salad, Fresh Fruit Mix, Cherry Pie</p> <p>COA Raffle Drawing</p>	<p>22</p> <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks</p> <p>12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches</p> <p>1pm Pantry Bingo 1pm Pool – 9 Ball</p>	23	
24	<p>25</p> <p>9am Pickleball, Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class</p> <p>12pm Lunch – Pork with Kraut, Green Beans, Apricots</p> <p>12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging</p> <p>5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries</p>	<p>26</p> <p>9am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold</p> <p>12pm Lunch – Shepards Pie, Winter Blend Vegetable, Fresh Orange</p> <p>1pm Euchre</p> <p>4-5pm Blood Press/Sugar Checks</p> <p>5pm Dinner – Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries</p> <p>6pm Aerobic Drumming</p>	<p>27</p> <p>9am Pickleball @ Frederic Twp Hall 10am Line Dancing</p> <p>12pm Lunch - Beef Tips & Noodles, Asparagus, Apple Slices</p> <p>1-4pm Legal Assist-Appt. Required 1pm Pool-Ball in Hand & Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's</p> <p>5pm Birthday Dinner – Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail, Cake & Ice Cream</p>	<p>28</p> <p>9am Pickleball @ Frederic Twp Hall 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise</p> <p>12pm Lunch – Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear</p> <p>1pm Wii Bowling w/Rapid City 1pm Penny Bingo 3pm Aerobic Drumming</p> <p>5pm Dinner – Stuffed Peppers, Prince Charles Veggie Blend, Apricots</p> <p>6pm Aerobic Drumming</p>	<p>29</p> <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Check</p> <p>12pm Lunch – Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce</p> <p>1pm Pantry Bingo 1pm Pool – 9 Ball</p>	30	