



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p><i>Must be a first time meal.</i></p> 	<p><i>Crawford County</i> Commission on Aging & Senior Center</p> <p>September 2016</p> <p>At-A-Glance Meal & Activities Calendar</p>		<p>1 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 1pm Penny Bingo</p> <p>5pm Dinner - Beef Taco, Corn, Refried Beans, Apricots</p>	<p>2 9am Card Golf 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</p>	3
4	<p>5</p> <p>OFFICE CLOSED</p> 	<p>6 10am Bible Study 10am Zumba Gold 1-3pm Neck Msg Appt. Req'd 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</p>	<p>7 10am Pickleball @ Frederic Twp Hall 9:30am Commodities @ St Mary's 10am Line Dancing 12pm Lunch - Beef Tips & Noodles, Asparagus Tips, Apple Slices 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's</p> <p>5pm Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail</p>	<p>8 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear Wii Bowling at Kalkaska 1pm Penny Bingo 4-6pm Grandparent's Dinner - BBQ Ribs, Baked Potato, Fresh Asparagus, Mixed Melon, Cherry Pie</p>	<p>9 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball</p>	10
11	<p>12</p> <p>12pm Lunch - Breaded Cod, Potato Salad, Prince Charles Veggie Blend, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange</p>	<p>13 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic, Appt Req'd 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</p>	<p>14 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm-4pm DHHS Eligibility Specialist 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</p>	<p>15 10am Color Craze 10am Crafting 10am Pokeno 11pm Food Truck @ Mt. Hope 10am Golden Toners Exercise 12pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner - Beef Enchilada, Corn, Peaches 6pm BCBS Medigap Changes</p>	<p>16 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball</p>	17
18	<p>19 10:30am Chair Volleyball 12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 1-4pm Hearing Clinic Appt. Required 12:30pm Beginning Clogging 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</p>	<p>20 9am Munson Free B-fast Pres. 10am Bible Study 10am Zumba Gold 12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Neck Msg Appt. Req'd 5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana 6pm COA Board Mtg @ Center</p>	<p>21 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 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Birthday Dinner - Pork Chop Supreme, Red Skin Potato, Brussel Sprouts, Tossed Salad w/Tomato, Applesauce Ice Cream & Cake</p>	<p>22 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Taco Salad, Black Beans, Corn, Mandarin Oranges, Wii Bowling at Bellaire 1pm Penny Bingo 5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear 5:45pm The Reflections Band</p>	<p>23 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool-9 Ball</p>	24
25	<p>26</p> <p>12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 2:30pm Computer Club 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums</p>	<p>27 10am Bible Study 10am Zumba Gold 12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Check 5pm Dinner - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce</p>	<p>28 9am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch - Chicken Stir Fry w/Brown Rice, Fresh Orange, Pineapple Chunks 1-4pm Legal Assist.-Appt. Required 1pm Pool-Ball in Hand and Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries</p>	<p>29 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Penny Bingo 5pm Dinner - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums 6pm New to Medicare Seminar</p>	<p>30 9am Card Golf 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</p>	