

January 2024 ~ Meal Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 1 Closed — Happy New Year  Dinner 4:00pm to 5:30pm New Year ... New meal prices! Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00 | 2 Closed | 3 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:00-5:30p Dinner Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries | 4 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes 4:00-5:30p Dinner Cod Nuggets, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Kiwi | 5 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries |
| 8 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi 4:00-5:30p Dinner Taco Salad, Corn, Grapes Kinney - Morley Foundation | 9 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple 4:00-5:30p Dinner Beef Tips, California Blend Vegetable, Pear | 10 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots 4:00-5:30p Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear Kinney - Morley Foundation | 11 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes 4-6pm Winter Picnic Dinner BBQ Ribs, Cole Slaw, Baked Beans, Watermelon, Assorted Desserts | 12 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas and Onions, Orange Kinney - Morley Foundation |
| 15 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple 4:00-5:30p Dinner Chicken Tacos, Refried Beans, Kiwi Tom Jarosz | 16 Breakfast Presentation 11:30a-12:30p Lunch Chicken and Dumplings, Harvest Blend Vegetables, Orange 4:00-5:30p Dinner Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread | 17 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:00-5:30pm Dinner Baked Penne with Sausage, Vegetable Blend Prince Charles, Breadstick, Kiwi Tom Jarosz | 18 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes 4:00-5:30p Dinner Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast Tom & Janet Gaffke | 19 11:30a-12:30p Lunch Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi Tom & Janet Gaffke |
| 22 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple 4:00-5:30p Dinner Beef Enchilada, Carrots, Spanish Rice, Kiwi Tom Jarosz | 23 Cupcakes & Ice Cream 11:30a-12:30p Birthday Lunch 😊 Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:00-5:30p Dinner Supreme Pizza, Broccoli, Apple | 24 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:00-5:30p Dinner Shepard's Pie, Carrots, Grapes, Wheat Bread Tom Jarosz | 25 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries 4:00-5:30p Dinner Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana Tom Jarosz | 26 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes Tom Jarosz |
| 29 11:30a-12:30p Lunch Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots 4:00-5:30p Dinner Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes | 30 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes 4:00-5:30p Dinner Scalloped Potatoes w/ Ham, Asparagus, Mixed Vegetables, Orange | 31 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear 4:00-5:30p Dinner Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple |  01/05, 01/10, 01/12 - Jody Kinney Morley Foundation *01/19 - Tom & Janet Gaffke 01/22 thru 01/26 - Tom Jarosz Running Tally of Support: 31 days, \$9,350 Thank you! | |

January 2024 ~ Activity Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 1 Closed Happy New Year | 2 Closed Happy New Year | 3 10a Silver Sneakers 1p Mahjong | 4 9:30a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo | 5 10:30a Fit for the Aging @ Library 1p Pantry Bingo |
| 8 9:30a Pokeno 9:30a Deco-TLC Meeting 10a Silver Sneakers 1p Penny Bingo 1-4p Chess Club | 9 9am Friends of a Feather Quilting -Lawndale 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers - Tinkers | 10 9:30-10:30a – Food Commodities at St. Mary's Church 10a Silver Sneakers 1p Mahjong Eggs Made to Order, Hash Browns, Turkey Sausage, Wheat Toast, Yogurt, Juice, & Coffee | 11 10a Zumba Gold 4p – 6p Winter Picnic Dinner | 12 10:30a Fit for the Aging @ Library 1p Pantry Bingo 3p Memorabilia & History Team |
| 15 10a Silver Sneakers 1-4p Chess Club | 16 9am Breakfast Presentation – Tabitha Scott Opiate Overdose 10a Zumba Gold 10a Bible Study 4:30p COA Board Mtg 5:30p Diamond Dancers – Tinkers | 17 10a Silver Sneakers 11a Alzheimer's Support Grp. at The Brook in Grayling 1p Mahjong | 18 9:30a Pokeno No Zumba Gold 1p Penny Bingo | 19 10:30a Fit for the Aging @ Library 1p Pantry Bingo |
| 22 No Silver Sneakers 12-3p Foot Clinic – Appt. Required 1-4p Chess Club | 23 10a Zumba Gold 10a Bible Study 11:30 - 12:30p Birthday Lunch Party 5:30p Diamond Dancers - Tinkers | 24 10a Silver Sneakers 1p Mahjong 5p Nutrition Education with Kate Moshier – Food Safety at Home and While Dining Out | 25 9:30a Pokeno 10a Zumba Gold 1p Penny Bingo | 26 10:30a Fit for the Aging @ Library 1p Pantry Bingo |
| 29 10a Silver Sneakers 1-4p Chess Club | 30 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers – Tinkers | 31 10a Silver Sneakers 1p Mahjong  | Zumba Gold, Silver Sneakers and Fit for the Aging at the Crawford County Grayling Library. | |