

## April 2022 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 11:30a-12:30p <b>Lunch</b> Sloppy Joe Sandwich, Green Beans, Carrots, Burst O' Berries
<b>4</b> 11:30a-12:30p <b>Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	<b>5</b> 11:30a-12:30p <b>Lunch</b> Stuffed Peppers, Broccoli & Cauliflower, Grapes	<b>6</b> 11:30a-12:30p <b>Lunch</b> Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange	<b>7</b> 11:30a-12:30p <b>Lunch</b> Macaroni & Cheese w/ Ham, Cabbage Fried w/ Bacon, Green beans, Grapes	<b>8</b> 11:30a-12:30p <b>Lunch</b> Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana
<b>11</b> 11:30a-12:30p <b>Lunch</b> Beef Goulash, Green Beans, Kiwi	<b>12</b> 11:30a-12:30p <b>Lunch</b> Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	<b>13</b> 11:30a-12:30p <b>Lunch</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Mandarin Oranges	<b>14</b> 11:30a-12:30p <b>Lunch</b> Mediterranean Chicken, Sweet Potato, Green Beans, Grapes	<b>15</b>  <b>CLOSED</b> Good Friday
<b>18</b> 11:30a-12:30p <b>Lunch</b> BBQ Chicken, Parsley Potatoes, Carrots, Grapes	<b>19</b> 11:30a-12:30p Chicken Fajita, Roasted Corn & Black Bean Fiesta, Apple	<b>20</b> 11:30a-12:30p <b>Lunch</b> Roast Turkey, Mashed Potatoes & Turkey Gravy, Peas and Onions, Pear	<b>21</b> 11:30a-1p <b>Spring Fling Luncheon</b> Baked Ham, Au Gratin Potatoes, Midori Blend Vegetables, Applesauce, Carrot Cake	<b>22</b> 11:30a-12:30p <b>Lunch</b> Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt
<b>25</b> 11:30a-12:30p <b>Lunch</b> Chicken Penne Alfredo w/ Mushroom, Broccoli, Orange	<b>26</b> 11:30a-12:30p <b>Birthday Lunch</b> Ravioli Squares, Green Beans, Italian Blend, Grapes, Cake & Ice Cream	<b>27</b> 11:30a-12:30p <b>Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	<b>28</b> 11:30a-12:30p <b>Lunch</b> Lasagna, Mixed Vegetables, Breadstick, Apple	<b>29</b> 11:30a-12:30p <b>Lunch</b> Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes

## April 2022 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 1pm Pantry Bingo – Lawndale
<b>4</b> 9-11am – Pickleball – M72 10am SilverSneakers - E M72	<b>5</b> Pickleball 9am-11am – M72 9am – Geri-Fit– M72 <b>9am-4pm – Quilting Group @Lawndale</b> 10am Bible Study – Lawndale 10am Zumba – M72	<b>6</b> 10am SilverSneakers @ M72 <b>9:30-10:30am Commodities – St. Mary's Church</b>	<b>7</b> 10am Pokeno – Lawndale 9am – Geri-Fit– M72 10:30 – Line Dancing & Singing Fun – M72 1pm Penny Bingo – Lawndale <b>3pm Medicine Shoppe Bingo - Lawndale</b>	<b>8</b> 1pm Pantry Bingo – Lawndale
<b>11</b> 9-11am Pickleball – M72 10am SilverSneakers - M72 <b>1-3p Paint Class - Lawndale</b>	<b>12</b> Pickleball 9am-11am – M72 9am – Geri-Fit– M72 10am Bible Study – Lawndale 10am Zumba – M72	<b>13</b> 10am SilverSneakers - M72	<b>14</b> 10am Pokeno – Lawndale 9am – Geri-Fit– M72 10:30 – Line Dancing & Singing Fun – M72 1pm Penny Bingo – Lawndale	<b>15</b>  <b>CLOSED</b> Good Friday
<b>18</b> 9-11am – Pickleball – E M72 10am SilverSneakers - E M72	<b>19</b> Pickleball 9am-11am – M72 9am – Geri-Fit– M72 10am Bible Study – Lawndale 10am Zumba – M72	<b>20</b> 10am SilverSneakers @ M72 <b>11am Alzheimer's Support Grp. @ The Brook of Grayling</b> 1pm Wii Bowling – Lawndale	<b>21</b> 10am Pokeno – Lawndale 9am – Geri-Fit– M72 10:30 – Line Dancing & Singing Fun – M72 <b>11:30-1pm Spring Fling Luncheon</b> 2pm Penny Bingo – Lawndale	<b>22</b> 1pm Pantry Bingo – Lawndale
<b>25</b> 9-11am – Pickleball – E M72 10am SilverSneakers - E M72 <b>12-4pm Foot Clinic – Appt. Req. – Lawndale</b>	<b>26</b> Pickleball 9am-11am – M72 10am Bible Study – Lawndale 10am Zumba – M72 <b>11:30-12:30 Birthday Lunch</b>	<b>27</b> 10am SilverSneakers @ M72 <b>3pm – New to Medicare via ZOOM</b> 1pm Wii Bowling – Lawndale	<b>28</b> 10am Pokeno – Lawndale 10:30 – Line Dancing & Singing Fun – M72 1pm Penny Bingo – Lawndale	<b>29</b> 1pm Pantry Bingo – Lawndale