

November 2023 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Running Tally of Support: 19 days, \$5,750 Thank you!</p>		1 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	2 11:30a-12:30pm Lunch BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes 4:30-5:30pm Dinner Beef Stew, California Blend Vegetable, Apple NEW	3 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
6 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple 4:30-5:30pm Dinner Beef Enchilada, Carrots, Spanish Rice, Kiwi	7 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple NEW 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes & Beef Gravy, Broccoli, Strawberries, Wheat Bread	8 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30pm Dinner Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange	9 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetables, Orange NEW 4:30-5:30pm Dinner Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast	10 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
13 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple 4:30-5:30pm Dinner Chicken Tacos, Refried Beans, Kiwi	14 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes 4:30-5:30pm Dinner Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread	15 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:30-5:30pm Dinner Shepard's Pie, Carrots, Grapes, Wheat Bread	16 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries 4-6pm Thanksgiving Dinner Turkey, Mashed Potato & Gravy, Stuffing, Glazed Baby Carrots, Fruit Cup, Pumpkin Pie	17 11:30a-12:30p Lunch Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi
20 11:30a-12:30p Lunch Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots 4:30-5:30pm Dinner Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes	21 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear 4:30-5:30pm Dinner Scalloped Potatoes w/ Ham, Asparagus, Mixed Vegetables, Orange	22 11:30a-12:30p Lunch NEW Baked Penne with Sausage, Vegetable Blend Prince Charles, Breadstick, Kiwi 4:30-5:30pm Dinner Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple	Closed Happy Thanksgiving	
27 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange 4:30-5:30pm Dinner Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	28 Cupcakes & Ice Cream 11:30a-12:30p Birthday Lunch 😊 Chicken and Dumplings, Harvest Blend Vegetables, Orange 4:30-5:30pm Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear NEW	29 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:30-5:30pm Dinner Supreme Pizza, Broccoli, Apple		
30 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes 4:30-5:30pm Dinner Cod Nuggets, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Kiwi				

November 2023 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 (No Silver Sneakers) 9-11a Matter of Balance 9:30-10:30a – Food Commodities at St. Mary's Church 1p Mahjong	2 9am Breakfast Presentation – Winter Preparedness 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo	3 9-11a Matter of Balance 10:30a Fit for the Aging @ Library 1p Pantry Bingo 3p Memorabilia & History Team
November 28th Eggs Made to Order, Hash Browns, Turkey Sausage, Wheat Toast, Yogurt, Juice, & Coffee		6 9:30a Deco-TLC Meeting 10a Silver Sneakers 1-4p Chess Club Daylight Savings Time Clocks back 1 hour Sunday, Nov 5th @ 2am	7 9am Friends of a Feather Quilting -Lawndale 10a Zumba Gold 10a Bible Study 4-7p 50th Anniversary Open House 5:30p Diamond Dancers - Tinkers 6-7p 50th Anniversary Presentation	8 10a Silver Sneakers 1p Mahjong 5p Nutrition Education with Kate Moshier
13 10a Silver Sneakers 1p Penny Bingo 1-4p Chess Club	14 10a Bible Study 5:30p Diamond Dancers – Tinkers (No Zumba Gold)	15 10a Silver Sneakers 11a Alzheimer's Support Grp. at The Brook in Grayling 1p Mahjong	16 10a Pokeno 10a Zumba Gold 4p – 6p Thanksgiving Dinner	17 10:30a Fit for the Aging @ Library 1p Pantry Bingo 2:30-4:30pm Covid/Flu Shot Clinic 3p Memorabilia & History Team
20 10a Silver Sneakers 1-4p Chess Club	21 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers - Tinkers	22 10a Silver Sneakers 1p Mahjong	Closed Happy Thanksgiving	
27 9:30a Hanging of the Greens 10a Silver Sneakers 12-3p Foot Clinic – Appt. Required 1-4p Chess Club	28 * Giving Tuesday * 10a Zumba Gold 10a Bible Study 11:30 -12:30p Birthday Lunch Party 4:30p COA Board Meeting 5:30p Diamond Dancers - Tinkers	29 10a Silver Sneakers 1p Mahjong	Closed Happy Thanksgiving	
		30 10a Pokeno 10a Zumba Gold 1p Penny Bingo	Zumba Gold, Silver Sneakers and Fit for the Aging at the Crawford County Grayling Library.	