

## July 2023 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>11:30a-12:30p Lunch</b> Beef Goulash, Carrots, Green Beans, Applesauce <b>4:30-5:30p Dinner</b> Chicken Fajita, Corn & Black Bean Fiesta, Grapes	<b>4</b>  <b>Center Closed</b>	<b>5</b> <b>11:30a-12:30p</b> Chicken Drumsticks, Baked Beans, Prince Charles Veggies, Apricots <b>4:30-5:30p</b> Beef Stroganoff, Asparagus, Italian Veggies, Breadstick, Apple	<b>6</b> <b>11:30a-12:30p</b> Beef and Broccoli, Brown Rice, Stir Fry Veggies, Four Berries Blend <b>4:30-5:30p</b> Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange	<b>7</b> <b>11:30a-12:30p</b> Pepper Steak, Brown Rice, Stir Fry Veggies, Sugar Snap Peas, Kiwi
<b>10</b> <b>11:30a-12:30p Lunch</b> Hamburger Stroganoff, Green Beans, Apricots <b>4:30-5:30p Dinner</b> Chicken Enchiladas, Corn & Black Bean Fiesta, Applesauce	<b>11</b> <b>11:30a-12:30p</b> Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Grapes <b>4:30-5:30p</b> Cheese Ravioli w/ sauce, Asparagus, Italian Blend Veggies, Grapes	<b>12</b> <b>11:30a-12:30p</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange <b>4:30-5:30p</b> Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries	<b>13</b> <b>11:30a-12:30p</b> Parmesan Cod, Prince Charles Veggies, Peas, Pear <b>4:30-5:30p</b> Cod Nuggets, Cheesy Mashed Potatoes, Cole Slaw, Kiwi 	<b>14</b> <b>11:30a-12:30p</b> Roast Turkey, Mashed Potatoes w Gravy, Peas & Onions, Orange <b>Tom &amp; Judy Steffen</b> <b>49th Anniversary -7/13</b>
<b>17</b> <b>11:30a-12:30p Lunch</b> Pot Roast, Mashed Potatoes w/ Gravy, Corn, Kiwi <b>4:30-5:30p Dinner</b> Taco Salad, Corn, Grapes	<b>18</b> <b>11:30a-12:30p</b> Spaghetti & Meatballs, Broccoli, Cantaloupe & Honeydew Melon, Breadstick <b>4:30-5:30p</b> Beef Tips, California Blend Veggies, Pear	<b>19</b> <b>11:30a-12:30p</b> Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricot <b>4:30-5:30p</b> Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	<b>20</b> <b>11:30a-12:30p</b> Mac & Cheese w/ Ham, Harvest Blend Veggies, Grapes <b>4:30-6:00p Chicken BBQ</b> <b>&amp; Ice Cream Social</b> Chicken BBQ, Cole Slaw, Baked Potato, Watermelon & assorted desserts 	<b>21</b> <b>11:30a-12:30p</b> Sloppy Joe on a Bun, Green Beans, Carrots, Burst O'Berries
<b>24</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes w Gravy, Green Beans, Pineapple Chunks <b>4:30-5:30p Dinner</b> Beef Enchilada, Carrots, Brown Spanish Rice, Kiwi	<b>25 Goodale's Cake</b> <b>&amp; Ice Cream</b> <b>11:30a-12:30p</b> <b>Birthday Lunch</b>  Lasagna, Mixed Veggies, Grapes <b>4:30-5:30p</b> Stuffed Peppers, Broccoli, Cauliflower, Kiwi,	<b>26</b> <b>11:30a-12:30p</b> Chicken Tenders, Cheesy Mashed Potatoes, Broccoli & Cauliflower, Orange <b>4:30-5:30p</b> Pork Roast, Baked Potato, Green Beans, Pear	<b>27 BBQ Taste Test!</b> <b>11:30a-12:30p</b> Chicken BBQ, Fried Cabbage w/ Bacon, Baked Beans, Grapes <b>4:30-5:30p</b> Scrambled Eggs, Turkey Sausage, Hash Browns, Blueberry Yogurt	<b>28</b> <b>11:30a-12:30p</b> Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt
<b>31</b> <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi <b>4:30-5:30p Dinner</b> Chicken Tacos, Refried Beans, Kiwi				

## July 2023 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>9:30a Deco-TLC Crew</b> <b>11a Patriotic</b> <b>Sing-a-long</b>  <b>No Caregivers class.</b> 1-4p Chess Club	<b>4</b>  <b>Center Closed</b> <b>10a parade lineup</b> <b>11a Grayling Parade</b>	<b>5</b> <b>10a Sr. Project Fresh</b> 1p – Mahjong	<b>6</b> 10a Pokeno 10a Zumba 1p Penny Bingo <b>3p Medicine Shoppe</b> <b>Bingo</b>	<b>7</b> 1p Pantry Bingo
<b>10</b> <b>10-11:30 – Powerful</b> <b>Tools for Caregivers</b> 1-4p Chess Club	<b>11</b> 10a Zumba/Bible Study <b>1p Sr. Project Fresh</b> <b>2:30p Sr. Project Fresh</b> <u>Diamond Line Dancers</u> 1:30p level 1-Frederic 5:30p 2&3 -Lawndale	<b>12</b> <b>9:30-10:30a - Food</b> <b>Commodities at</b> <b>St.Mary's Church</b> <b>10a Mindfulness Class</b> 1p – Mahjong	<b>13</b> 10a Pokeno 10a Zumba 1p Penny Bingo	<b>14</b> 9:30a Memorabilia Team 1p Pantry Bingo
<b>17</b> <b>10-11:30 – Powerful</b> <b>Tools for Caregivers</b> (No Chess Club 7/17) 1p Penny Bingo <b>1-5 – CPR AED Class</b>	<b>18</b> 10am Zumba 10am Bible Study 4:30p COA Board Mtg <u>Diamond Line Dancers</u> 1:30p level 1-Frederic 5:30p 2&3 -Lawndale	<b>19</b> <b>10a Sr. Project Fresh</b> <b>11a Alzheimer's</b> <b>Support Grp. at The</b> <b>Brook in Grayling</b> 1p – Mahjong	<b>20</b> 10a Pokeno 10a Zumba <b>4:30-6:00p</b> <b>–Special Dinner –</b> <b>Chicken BBQ &amp;</b> <b>Ice Cream Social</b>	<b>21</b> 1p Pantry Bingo
<b>24</b> <b>12-3p Foot Clinic –</b> <b>Appt. Required</b> 1-4p Chess Club	<b>25</b> 10am Zumba 10am Bible Study <b>11:30 -12:30p</b> <b>Birthday Lunch Party</b> <u>Diamond Line Dancers</u> 1:30p level 1-Frederic 5:30p 2&3 -Lawndale 	<b>26</b> 1p – Mahjong	<b>27</b> 10a Pokeno 10a Zumba <b>11:30-12:30 BBQ</b> <b>Taste Tasting</b> 1p Penny Bingo	<b>28</b> 1p Pantry Bingo
<b>31</b> 1-4p Chess Club			<b>Silver Sneakers</b> <b>fitness class</b> <b>is taking July off.</b>	<b>July 29 &amp; 30<sup>th</sup></b> <b>The 75<sup>th</sup> Annual</b> <b>AuSable</b> <b>Canoe</b> <b>Marathon</b>

Classes and meetings at 308 Lawndale Street. Zumba Gold at Grayling Library.