



Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean & Ham</i>	FRIDAY <i>Chili</i>	Sat	
1 Happy Easter	2 10am Flower Arrangement Class 11:30am-12:30pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner - Liver & Onions, Boiled Potato, Fried Cabbage w/Bacon, Parisian Carrots, Fruit Cocktail	3 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana 1pm Euchre 3:30pm Taste Test Tuesday 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Dinner - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes	4 9:30am Commodities @ St. Mary's 10am Crafting 10am Line Dancing 11:30am-12:30pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear	5 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch - Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce 1pm Penny Bingo 1:30pm Bible Study 4:30-5:30pm Dinner - Taco Salad, Refried Beans, Corn, Mandarin Oranges	6 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool - 9 Ball	7	
	8	9 10am Flower Arrangement Class 11:30am-12:30pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums	10 10am Bible Study 10am Zumba Gold 11:30-5pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce 1pm Euchre 3:30pm Taste Test Tuesday 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries	11 10am Crafting 10am Line Dancing 11:30am-12:30pm Lunch - Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange 1pm-4pm DHHS Assistance 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	12 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Fresh Apple 1pm Wii with Manton 1-3pm NuStep Unavailable 1pm Penny Bingo 1:30pm Bible Study 4-6pm Spring Fling Dinner - Honey Dijon Crusted Pork Loin, Anna Potatoes, Marinated Button Mushrooms, Sliced Cinnamon Apples, Lemon Dessert Bar	13 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks 12pm Frederic Satellite 11:30am-12:30pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Pantry Bingo 1pm Pool - 9 Ball	14
15	16 10am Flower Arrangement Class 11:30am-12:30pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 12:30pm Beginning Clogging 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	17 9am Munson Free B-Fast Pres. 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre 3:30pm Taste Test Tuesday 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear 6pm Price is Right Party	18 10am Crafting 10am Line Dancing 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30-12:30pm Lunch - Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries	19 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch - Beef Taco, Corn, Refried Beans, Pineapple 1pm Penny Bingo 1:30pm Bible Study 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots	20 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks 12pm Lovells Satellite 11:30am-12:30pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Fresh Apple 1pm Pantry Bingo 1pm Pool - 9 Ball	21	
22	23 10am Flower Arrangement Class 11:30am-12:30pm Lunch - Pork with Kraut, Green Beans, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries	24 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch - Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries, 1pm Euchre 3:30pm Taste Test Tuesday 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner - Celebrating Birthdays at 5pm Shepherd's Pie, Winter Blend Vegetable, Fresh Orange, Cake & Ice Cream	25 10am Crafting 10am Line Dancing 11:30am-12:30pm Lunch - Beef Tips & Noodles, Asparagus, Fresh Apple 1-4pm Legal Assist-Appt. Required 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail	26 9am-Stress Less Class @ MSUE 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch - Stuffed Peppers, Prince Charles Veggie Blend, Apricots 1pm Wii with Bellaire 1-3pm NuStep Unavailable 3:30pm Foodie Group 1pm Penny Bingo 1:30pm Bible Study 4:30-5:30pm Dinner - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear 6pm Chair Yoga	27 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo 1pm Pool - 9 Ball	28 National Drug Take Back Day	
29	30 10am Flower Arrangement Class 11:30am-12:30pm Lunch - Breaded Cod, Red Skin Potatoes, Prince Charles Veggie Blend, Fresh Apple 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange	 <p><i>Crawford County Commission on Aging & Senior Center</i> April 2018 At-A-Glance Meal & Activities Calendar</p>			<div style="border: 1px dashed black; padding: 10px;"> <p>Free Congregate Meal For Seniors 60+</p> <p>Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p>Must be a first time meal.</p>  </div>		