


Sun	<b>MONDAY</b> <i>Cream of Broccoli</i>	<b>TUESDAY</b> <i>Potato</i>	<b>WEDNESDAY</b> <i>Cream of Mushroom</i>	<b>THURSDAY</b> <i>Navy Bean &amp; Ham</i>	<b>FRIDAY</b> <i>Chili</i>	Sat
	<div style="border: 2px dashed red; padding: 5px; text-align: center;"> <p><i>Crawford County Commission on Aging &amp; Senior Center</i></p> <h1>August 2017</h1> <h2>At-A-Glance Meal &amp; Activities Calendar</h2> </div>	<b>1</b> 9am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>12pm Lunch</b> - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes, <b>1-3pm Neck Msg Appt.Req'd</b> 1pm Euchre <b>2-4pm Rummage Item Drop off @ Fred Bear Building</b> 4-5pm Blood Press/Sugar Check <b>5pm Dinner</b> - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana	<b>2</b> 9am Pickleball @ Frederic Twp Hall <b>12pm Lunch</b> - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner</b> - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear,	<b>3</b> 9am Pickleball @ Frederic Twp Hall 10am Crafting 10am Color Craze 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch</b> -Taco Salad, Refried Beans, Corn, Mandarin Oranges , 1pm Penny Bingo 3pm Aerobic Drumming <b>5pm Dinner</b> – Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce	<b>4</b> 9am Card Golf 10am Munson Rehab Exercise 11am Blood Pressure Checks <b>12pm Lunch</b> - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool-9 Ball	<b>5</b>
<b>6</b>		<b>7</b> 9am Pickleball @ Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class <b>12pm Lunch</b> - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Bridge Club <b>1pm TEFAP at American Legion Hall</b> <b>5pm Dinner</b> - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce	<b>8</b> 9am Pickleball @Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>11:30-6pm Foot Clinic Need Appt</b> <b>12pm Lunch</b> – Hamburger, Sweet Potato Fries, Peas & Carrots, Burst O' Berries <b>12:30pm TrueNorth Presentation</b> 1pm Euchre <b>2-4pm Rummage Item Drop off @ Fred Bear Building</b> 4-5pm Blood Press/Sugar Checks <b>5pm Dinner</b> – Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries <b>5pm - Beach Bums</b>	<b>9</b> 9am Pickleball @ Frederic Twp Hall <b>9:30am Commodities @ St. Mary's</b> <b>12pm Lunch</b> – Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Birthday Dinner</b> – Cranberry Chicken, Baked Potato, Peas & Carrots, Plums, Ice Cream & Cake	<b>10</b> 9am Pickleball @ Frederic Twp Hall 10am Crafting 10am Color Craze 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch</b> - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Wii Bowling at Bellaire 1pm Penny Bingo 3-4pm Aerobic Drumming <b>5pm Dinner</b> - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums, <b>5:45pm Contagious 2 Concert</b>	<b>11</b> 9am Card Golf 10am Munson Rehab Exercise 11am Blood Pressure Checks <b>12pm Frederic Satellite</b> <b>12pm Lunch</b> - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool – 9 Ball
<b>13</b>	<b>14</b> 9am Pickleball, Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class <b>12pm Lunch</b> - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 1pm Bridge Club <b>10-3pm Rummage Item Drop off @ Fred Bear Building</b> <b>5pm Dinner</b> - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	<b>15</b> 9am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>12pm Lunch</b> - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre <b>10-3pm Rummage Item Drop off @ Fred Bear Building</b> 4-5pm Blood Press/Sugar Checks <b>5pm Dinner</b> - Pork Roast, Green Beans, Baked Potato, Fresh Pear <b>6pm COA Board Mtg</b>	<b>16</b> 9am Pickleball @ Frederic Twp Hall <b>11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St</b> <b>12pm Lunch</b> – Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling <b>10-3pm Rummage Item Drop off @ Fred Bear Building</b> 2:30pm Unlucky 7's <b>5pm Dinner</b> – French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries	<b>17</b> 9am Pickleball @ Frederic Twp Hall 10am Crafting 10am Color Craze 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch</b> - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 1pm Penny Bingo 3pm Medicine Shoppe Bingo 3-4pm Aerobic Drumming <b>5pm Dinner</b> – Beef Taco, Refried Beans, Corn, Apricots <b>5:30pm Medicare Fraud Bingo</b>	<b>18</b> <b>9-4pm COA Rummage SALE @ Fred Bear Building</b> 9am Card Golf 10am Munson Rehab Exercise 11am Blood Pressure Checks <b>12pm Lovells Satellite</b> <b>12pm Lunch</b> - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool – 9 Ball	<b>19</b>
<b>20</b>	<b>21</b> 9am Pickleball @ Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class <b>12pm Lunch</b> - Pork with Kraut, Green Beans, Apricots <b>1-4pm Hearing Clinic-Appt. Req'd</b> 1pm Bridge Club <b>5pm Dinner</b> - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries,	<b>22</b> 9am Pickleball @Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>12pm Lunch</b> - Shepards Pie, Winter Blend Vegetable, Fresh Orange 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>5pm Dinner</b> - Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries	<b>23</b> 9am Pickleball @ Frederic Twp Hall <b>12pm Lunch</b> – Beef Tips & Noodles, Asparagus, Apple Slices <b>1-4pm Legal Assist-Appt. Required</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner</b> – Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail	<b>24</b> 9am Pickleball @ Frederic Twp Hall 10am Crafting 10am Color Craze 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch</b> – Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear <b>1-3:30pm Neighborhood Connections</b> 1pm Wii Bowling w/Manton 1pm Penny Bingo <b>4-6pm Hog Roast Dinner</b> – BBQ Pork Roast, Corn on the Cob Cole Slaw, Pineapple, Apple Crisp	<b>25</b> 9am Card Golf 10am Munson Rehab Exercise 11am Blood Pressure Checks <b>12pm Lunch</b> - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball	<b>26</b>
<b>27</b>	<b>28</b> 9am Pickleball @ Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class <b>12pm Lunch</b> – Breaded Cod, Red Skin Potatoes, Prince Charles Veggie Blend, Apple Slices 1pm Bridge Club <b>5pm Dinner</b> - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange	<b>29</b> 9am Pickleball @Frederic Twp Hall 10am Bible Study 10am Zumba Gold <b>12pm Lunch</b> – Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>5pm Dinner</b> – Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes	<b>30</b> 9am Pickleball @ Frederic Twp Hall <b>12pm Lunch</b> - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner</b> – Beef Pot Roast, Boiled Potato, Green Beans, Apple Slices	<b>31</b> 9am Pickleball @ Frederic Twp Hall 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch</b> – Meatloaf, Baked Potato, Broccoli, Strawberries 1pm Penny Bingo 3pm Aerobic Drumming <b>5pm Dinner</b> - Beef Enchilada, Corn Peaches	<div style="border: 1px dashed black; padding: 10px;"> <p><b>Free Congregate Meal</b> <b>For Seniors 60+</b></p> <p>Commission on Aging &amp; Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p><b>Must be a first time meal.</b></p>  </div>	