

Sun	<u>MONDAY</u> <i>Cream of Broccoli</i>	<u>TUESDAY</u> <i>Potato</i>	<u>WEDNESDAY</u> <i>Cream of Mushroom</i>	<u>THURSDAY</u> <i>Navy Bean & Ham</i>	<u>FRIDAY</u> <i>Chili</i>	Sat
	 <p>Crawford County Commission on Aging & Senior Center August 2018 At-A-Glance Meal & Activities Calendar</p>					
			1 10am Crafting 11:30-12:30pm Lunch - Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1-4pm Smart911 Sign-up 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	2 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch – BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 1pm Penny Bingo 4:30-5:30pm Dinner – Beef Taco, Corn, Refried Beans, Pineapple	3 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo Sponsored by Intelicare 1pm Pool – 9 Ball	4
5	6 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Pork with Kraut, Green Beans, Apricots 1pm Bridge Club 4:30-5:30pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries	7 ELECTION DAY 10am Bible Study 11:30am-12:30pm Lunch – Shepherd's Pie, Winter Blend Vegetable, Fresh Orange 1pm Euchre 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Chicken Fettuccini Alfredo, Sugar Snap Peas, Parisian Carrots, Strawberries 6pm Dodworth Duo Free Concert	8 9:30am Commodities @ St. Mary's 10am Crafting 1pm-4pm DHHS Assistance 11:30am-12:30pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 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, Brussels Sprout, Fruit Cocktail	9 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear 1pm Wii at Bellaire 1pm Penny Bingo 4:30-5:30pm Dinner – Stuffed Peppers, Prince Charles Veg Blend, Apricots 5:45pm Hippie Party	10 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Beef Tips & Noodles, Asparagus, Fresh Apple 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Intelicare 1pm Pool – 9 Ball	11
12	13 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Breaded Cod, Red Skin Potatoes, Prince Charles Veggie Blend, Fresh Apple 1pm Bridge Club 4:30-5:30pm Dinner – Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange	14 10am Bible Study 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch - Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Euchre 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Beef Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes	15 10am Crafting 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Beef Pot Roast, Boiled Potato, Green Beans, Fresh Apple	16 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30-12:30pm Lunch – Meatloaf, Baked Potato, Broccoli, Strawberries 1pm Penny Bingo 4-6pm Hog Roast Dinner BBQ Pork Roast, Three Bean BBQ Style, Coconut Fruit Salad, Country Slaw, Strawberry Whip Cake	17 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 12pm Lovells Satellite 1pm Pantry Bingo Sponsored by Intelicare 1pm Pool – 9 Ball	18
19	20 10am Flower Arrangement Class 11:30am-12:30pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 4:30-5:30pm Dinner – Liver & Onions, Boiled Potato, Fried Cabbage w/Bacon, Parisian Carrots, Fruit Cocktail	21 9am COA Free B-Fast Pres. 10am Bible Study 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch – Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre 4-5pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Beef Pot Pie, Brussels Sprout, Burst O' Berries, Banana 6pm COA Board Meeting	22 10am Crafting 11:30am-12:30pm Lunch – Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 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 – BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear	23 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Taco Salad, Refried Beans, Corn, Mandarin Oranges 1-3:30pm Neighborhood Connections Grayling High School 1pm Wii at Belle Oakes 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner - Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprout, Applesauce	24 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo Sponsored by Intelicare 1pm Pool – 9 Ball	25
26	27 10am Flower Arrangement Class 11:30am-12:30pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Bridge Club 4:30-5:30pm Dinner – Cranberry Chicken, Baked Potato, Peas & Carrots, Plums	28 10am Bible Study 11:30am-12:30pm Lunch – Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Celebrating Birthdays at 5pm Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce, Cake & Ice Cream 5:45pm Cornhole	29 10am Crafting 11:30am-12:30pm Lunch – 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 4:30-5:30pm Dinner – Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	30 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Fish Sandwich, Cauliflower, Peas & Carrots, Fresh Apple 1pm Penny Bingo 4:30-5:30pm Dinner – Beef Stew, Biscuit, Tossed Salad, Asparagus, Grapes 6pm Chair Yoga	31 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches Cancelled: 1pm Pantry Bingo Sponsored by Intelicare Cancelled: 1pm Pool – 9 Ball	