Crawford County Commission on Aging & Senior Center

August 2018

At-A-Glance Meal & Activities Calendar

Sun	MONDAY *Cream of Broccoli*	TUESDAY *Potato*	WEDNESDAY *Cream of Mushroom*	THURSDAY *Navy Bean & Ham*	FRIDAY *Chili*	Sat
			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 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	