

August 2021 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	3 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30p Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi	4 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear	5 11:30a-12:30p Lunch Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 4:30-5:30pm Dinner Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes	6 11:30-12:30 Lunch Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana
9 11:30-12:30 Lunch Beef Tips, Brown Rice, Corn, Applesauce	10 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 4:30-5:30p Dinner Mediterranean Chicken, Sweet Potato, Green Beans, Grapes	11 11:30a-12:30p Lunch Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana 4:30-5:30pm Dinner Lasagna, Mixed Vegetables, Apple, Breadstick	12 11:30am-1pm Hog Roast Luncheon Pulled Pork, Cole Slaw and Corn, Michigan Fruit Blend, Apple Pie 4:30-5:30pm Dinner Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange	13 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries
16 11:30-12:30 Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange	17 11:30-12:30 Lunch Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	18 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	19 11:30a-12:30p Lunch Chicken Fajitas, Green Beans, Tossed Salad with Tomatoes, Apple 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	20 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
23 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	24 11:30a-12:30p Lunch Taco Salad, Roasted Corn and Black Bean Fiesta, Broccoli, Apricots 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	25 11:30a-12:30p Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	26 11:30a-12:30p Birthday Lunch Sloppy Joe on a Bun, Green Beans, Corn, Burst O' Berries, Cake & Ice Cream 4:30-5:30pm Dinner Shepard's Pie, Carrots, Grapes	27 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple
30 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	31 11:30a-12:30p Lunch Chicken Taco, Corn, Pinto Beans, Grapes 4:30-5:30pm Dinner BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange	NEW MENU COMING SEPTEMBER Join us for meals in August to give us menu feedback!		

August 2021 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1pm Bridge – Lawndale	3 10am Bible Study – Lawndale 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	4 9:30-10:30am Commodities – St. Mary's Church 1pm Wii Bowling – Lawndale	5 10am Stretch to Fitness – E M72 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	6 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
9 10am Solo Ballroom – E M72 1pm Bridge – Lawndale 1-2:30pm – TEFAP Quarterly Food Distribution @ American Legion	10 10am Bible Study – Lawndale 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	11 10am Geri-Fit – E M72 1pm Wii Bowling – Lawndale	12 10am Stretch to Fitness – E M72 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 11:30-1 Hog Roast Luncheon—Take Out Only at Lawndale St. 1pm Penny Bingo – Lawndale	13 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
16 10am Solo Ballroom – E M72 1pm Bridge – Lawndale	17 10am Bible Study – Lawndale 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30pm Board Mtg – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	18 10am Geri-Fit – E M72 11am Alzheimer's Support Grp. @ The Brook of Grayling 12pm Intro to Zoom – via Zoom 1pm Wii Bowling – Lawndale	19 10am Stretch to Fitness – E M72 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	20 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
23 10am Solo Ballroom – E M72 1pm Bridge – Lawndale 1-4pm Foot Clinic — Appt. Req. – E M72	24 10am Bible Study – Lawndale 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	25 10am Geri-Fit – E M72 10am New to Medicare Seminar – via Zoom 1pm Wii Bowling – Lawndale	26 10am Stretch to Fitness – E M72 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 11:30a-12:30p Birthday Lunch 1pm Penny Bingo – Lawndale	27 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
30 10am Solo Ballroom – E M72 1pm Bridge – Lawndale	31 10am Bible Study – Lawndale 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	We ask that participants social distance whenever possible. We are still requesting that anyone who has not yet been vaccinated wear a mask unless eating or drinking. Your honesty will help protect us all.		