

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
	<p><i>Crawford County</i> Commission on Aging & Senior Center August 2019 At-A-Glance Meal & Activities Calendar</p>		<p>Crawford County Commission on Aging & Senior Center accepts and welcomes SNAP/EBT customers.</p> 	<p>1 <i>Roast Beef Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch – Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 1pm Penny Bingo 4:30-5:30pm Dinner – Ravioli Squares, Italian Blend Vegetables, Tossed Salad, Grapes 5:45pm Family & Friend Feud</p>	<p>2 <i>Egg Salad Pita</i> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball</p>	3
4	<p>5 <i>Chicken Caesar Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 1-2:30pm TEFAP @ American Legion 1pm Bridge Club 1:30pm Line Dancing</p>	<p>6 <i>Roast Beef & Cheese Wrap</i> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Chicken Fajita, Green Beans, Tossed Salad, Apple 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Breaded Fish Fillet Sandwich, Asparagus, Pear 5-6:30pm Cooking for One 5:30pm Water Aerobics GraylingSuper8</p>	<p>7 <i>Tuna Salad Wrap</i> 9:30am Commodities @ St. Mary's 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/Gravy, Broccoli, Strawberries</p>	<p>8 <i>Chicken Salad Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm Penny Bingo 1pm Wii Bowling at Cheboygan 4-6pm Hog Roast Dinner – BBQ Pork, Oven Roasted Green Beans, Redskin Potato Salad, Fruit Ambrosia, Peach Cobbler</p>	<p>9 <i>Roast Beef Wrap</i> 10am Pinochle 10am Equipped to be Fit 10:30am Out to Lunch Bunch 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball</p>	10
11	<p>12 <i>Roast Beef Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear 1pm Bridge Club 1:30pm Line Dancing</p>	<p>13 <i>BLT Wrap</i> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Beef Tips, Brown Rice, Asparagus, Applesauce 5-6:30pm Cooking for One 5:30pm Water Aerobics GraylingSuper8</p>	<p>14 <i>Mediterranean Chicken Wrap</i> 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – BBQ Chicken, Parsley Potatoes, Carrots, Grapes 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear</p>	<p>15 <i>Roast Beef Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Spaghetti & Meatballs, Tossed Salad, Grapes, Breadstick 1-4pm Legal Assist-Appt. Required 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner – French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 5:45pm Brian Ashton Concert</p>	<p>16 <i>Egg Salad Pita</i> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 12pm Lovells Satellite 12pm Kayak Trip @ Higgins Lake 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball</p>	17
18	<p>19 <i>Chicken Caesar Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Line Dancing</p>	<p>20 <i>Roast Beef & Cheese Wrap</i> 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi 5-6:30pm Cooking for One 5:30pm Water Aerobics GraylingSuper8 6pm COA Board Meeting</p>	<p>21 <i>Tuna Salad Wrap</i> 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear</p>	<p>22 <i>Chicken Salad Pita</i> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 12:30-4:30pm Blood Drive 1-3:30pm Neighborhood Connections 1pm Penny Bingo 1pm Wii Bowling at St. Helen 4:30-5:30pm Dinner – Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 5-6:30pm Cooking for One</p>	<p>23 <i>Roast Beef Wrap</i> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Steak Salisbury, Mashed Potato, Mushroom Gravy, Brussels Sprouts, Grapes 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball</p>	24
25	<p>26 <i>Roast Beef Wrap</i> 10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 1-4pm MDHHS Appointments 1pm Bridge Club 1:30pm Line Dancing</p>	<p>27 <i>BLT Wrap</i> 9am Breakfast Pres. 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Birthday Dinner – Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana, Cake & Ice Cream 5-6:30pm Cooking for One 5:30pm Water Aerobics GraylingSuper8</p>	<p>28 <i>Mediterranean Chicken Wrap</i> 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lasagna, Tossed Salad, Apple, Breadstick</p>	<p>29 <i>Roast Beef Pita</i> 10am-3pm Butterfly House Trip 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Crispy Lemon Chicken Breast, Mashed Potatoes, Peas, Watermelon 1pm Penny Bingo 4:30-5:30pm Dinner – Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes 5-6:30pm Cooking for One</p>	<p>30 <i>Egg Salad Pita</i> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pot Roast, Boiled Potatoes, Green Beans, Apple 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball</p>	31