

| August 2026 - Meal Calendar                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                         |                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>3</b><br><b>8:30a-9:30a Breakfast</b><br>Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Lemon Baked Fish, Baked Potato, Green beans, Pear                                                                                                                                                                                               | <b>4</b><br><b>8:30a-9:30a Breakfast</b><br>Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie<br><b>11:30a-12:30p Lunch</b><br>Italian Stuffed Peppers, Corn, Roll, Red Grapes                       | <b>5</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie<br><b>11:30a-12:30p Lunch</b><br>Herb Pork Loin, Mashed Potatoes with Gravy, Prince Charles Vegetables, Roll, Pear | <b>6</b><br><b>8:30a-9:30a Breakfast</b><br>Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie<br><b>11:30a-12:30p Lunch</b><br>Balsamic Chicken, Tomato Parmesan Pasta, Cucumber and Tomato Salad, Orange                                                                            | <b>7</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>American Goulash, Green Beans, Dinner Roll, Kiwi<br><br>August 7 <sup>th</sup> was donated by Keith Radwanski & Erin Fanning in memory of Caroline Dick and Steve Nelson. |
| <b>10</b><br><b>8:30a-9:30a Breakfast</b><br>Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Chicken Drumsticks, Mashed Potatoes with Gravy, Baked Beans, Banana                                                                                                                                                                            | <b>11</b><br><b>8:30a-9:30a Breakfast</b><br>Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie<br><b>11:30a-12:30p Lunch</b><br>Spaghetti and Meatballs, Italian Blend Vegetables, Breadstick, Apple | <b>12</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie<br><b>11:30a-12:30p Lunch</b><br>Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange                     | <b>13</b><br><b>8:30a-9:30a Breakfast</b><br>Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie<br><b>11:30a-12:30p Lunch</b><br>Meatloaf, Mashed Potatoes with Gravy, Brussels Sprouts, Apple                                                                                        | <b>14</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Pepper Steak, Fried Rice, Stir Fry Vegetable, Kiwi                                                                                                                                                                                                          |
| <b>17</b><br><b>8:30a-9:30a Breakfast</b><br>Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi<br><br>August 17 <sup>th</sup> was donated by Scott and Linda Bertin in memory of Madeline Banker | <b>18</b><br><b>8:30a-9:30a Breakfast</b><br>Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie<br><b>11:30a-12:30p Lunch</b><br>Lasagna, Mixed Vegetables, Orange                                    | <b>19</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie<br><b>11:30a-12:30p Lunch</b><br>Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges               | <b>20</b><br><b>11:30a-12:30p Lunch</b><br>Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks<br><b>4:00p-6:00p Backyard BBQ Special Dinner</b><br>Menu to be announced following the publication of the Senior Gazette. Please see Facebook or the website for menu information. | <b>21</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Pear                                                                                                                                                                                             |
| <b>24</b><br><b>8:30a-9:30a Breakfast</b><br>Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Orange Chicken, Stir Fry Vegetable, Fried Rice, Banana                                                                                                                                                                                         | <b>25</b><br><b>8:30a-9:30a Breakfast</b><br>Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie<br><b>11:30a-12:30p</b><br>Western Omelet, Redskin Potatoes, Berry Vanilla Yogurt Bowl                | <b>26</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie<br><b>11:30a-12:30p Lunch</b><br>Beef Pot Roast in Gravy, Mashed Potatoes, Carrots, Roll, Banana                  | <b>27</b><br><b>8:30a-9:30a Breakfast</b><br>Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie<br><b>11:30a-12:30p Birthday Lunch</b><br>Chicken Enchiladas, Corn and Black Bean Fiesta, Brown Spanish Rice, Applesauce                                                              | <b>28</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Sloppy Joe, Redskin Potatoes, Green Beans, Apple                                                                                                                                                                                                            |
| <b>31</b><br><b>8:30a-9:30a Breakfast</b><br>Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Chicken Alfredo, Sugar Snap Peas, Broccoli, Orange                                                                                                                                                                                             | <b>1 – MEAL DAY</b><br><b>8:30a-9:30a Breakfast</b><br>Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie<br><b>11:30a-12:30p</b><br>Parmesan Fish, Brown Rice, Prince Charles Vegetables, Pear       |                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Light Bites – Dine in Only</b><br>Ham & Cheese Sub, Cole Slaw, Banana                                                                                                                                                                                                                                                                                                                                  | <b>Light Bites – Dine in Only</b><br>Pierogi, Fried Cabbage with Bacon, Roll, Pear                                                                                                                                      | <b>Light Bites – Dine in Only</b><br>Turkey Sub, Tri-Tortellini Salad, Banana                                                                                                                                                              | <b>Light Bites – Dine in Only</b><br>Mojo Chicken Bowl, Mandarin Oranges                                                                                                                                                                                                                                  | <b>Light Bites – Dine in Only</b><br>BBQ Chicken Flat Bread, Garden Salad, Banana                                                                                                                                                                                                                                                                                                                                               |

| August 2026 - Activities Calendar                                                                                                                                                                |                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                           |                                                                                                                                                                                                                    |                                                                                                                                                                        |
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| MONDAY                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                           | FRIDAY                                                                                                                                                                 |
| <b>3</b><br><b>8:30a Tai Chi for Arthritis</b><br><b>9:30a Pickleball Court Grand Opening</b><br><b>10a Diabetes PATH Toolkit</b><br>10a Silver Sneakers<br>1p Chess Club<br>2p Diamond Art Club | <b>4</b><br><b>9a Friends of a Feather Quilting Group</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br>10a Silver Sneakers<br>12:30p Euchre<br>1:30p Tech Support (Appointments Only)                        | <b>5</b><br>8:30a Blood Pressure Checks<br><b>8:30a Tai Chi for Arthritis</b><br><b>10a Secretary of State Mobile Office</b><br>10a Silver Sneakers<br>12:30p Mahjong<br>12:30p Wii Bowling                               | <b>6</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br><b>11a Medicare/Medicaid Conference</b><br>1p Penny Bingo<br>3:30p Grayling Pharmacy Bingo<br><b>3p Music for Life</b> | <b>7</b><br>10:30a Bible Study<br>10:45a Fit for the Aging<br>12:30p Flower Arranging Class<br>1p Pantry Bingo                                                         |
| <b>10</b><br><b>8:30a Tai Chi for Arthritis</b><br><b>10a Diabetes PATH Toolkit</b><br>10a Silver Sneakers<br><b>12:30p Rosco Ukers Jam Session</b><br>1p Chess Club<br>2p Diamond Art Club      | <b>11</b><br><b>9a Beginner Pickleball Classes</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br><b>10a Grief Group</b><br>12:30p Euchre<br><b>1p Cancer Support Group</b><br>1:30p Tech Support (Appointments Only)<br><b>4:30p COA Board Meeting</b> | <b>12</b><br>8:30a Blood Pressure Checks<br><b>8:30a Tai Chi for Arthritis</b><br>10a Silver Sneakers<br>12:30p Mahjong<br><b>12:30p Alzheimer's Presentation</b><br>12:30p Wii Bowling                                   | <b>13</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br><b>11a-2p Health Fair</b><br><br><b>NO BINGO</b>                                                                      | <b>14</b><br><b>10a Lynn Oldfield's Painting Class (\$15.00)</b><br>10:30a Bible Study<br>10:45a Fit for the Aging<br>12:30p Flower Arranging Class<br>1p Pantry Bingo |
| <b>17</b><br><b>8:30a Tai Chi for Arthritis</b><br><b>10a Diabetes PATH Toolkit</b><br>10a Silver Sneakers<br>1p Chess Club<br>2p Diamond Art Club                                               | <b>18</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br>12:30p Euchre<br>1:30p Tech Support (Appointments Only)                                                                                               | <b>19</b><br>8:30a Blood Pressure Checks<br><b>8:30a Tai Chi for Arthritis</b><br>10a Silver Sneakers<br><b>11a Alzheimer's Support @ the Brook</b><br><b>12p New to Medicare</b><br>12:30p Mahjong<br>12:30p Wii Bowling | <b>20</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br>1p Penny Bingo<br>1p Legal Advice<br><b>4p Backyard BBQ Special Dinner</b>                                            | <b>21</b><br>10:30a Bible Study<br>10:45a Fit for the Aging<br>12:30p Flower Arranging Class<br>1p Pantry Bingo                                                        |
| <b>24</b><br><b>8:30a Tai Chi for Arthritis</b><br><b>9a Footcare</b><br><b>10a Diabetes PATH Toolkit</b><br>10a Silver Sneakers<br>1p Chess Club<br>2p Diamond Art Club                         | <b>25</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br>12:30p Euchre<br>1:30p Tech Support (Appointments Only)                                                                                               | <b>26</b><br>8:30a Blood Pressure Checks<br><b>8:30a Tai Chi for Arthritis</b><br>10a Silver Sneakers<br><b>10a Book Club</b><br>12:30p Mahjong<br>12:30p Wii Bowling<br><b>1p-3p Commodities</b>                         | <b>27</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br><b>12p Birthday Lunch</b><br>1p Penny Bingo<br><b>3p Music for Life</b>                                               | <b>28</b><br>10:30a Bible Study<br>10:45a Fit for the Aging<br>12:30p Flower Arranging Class<br>1p Pantry Bingo                                                        |
| <b>31</b><br><b>8:30a Tai Chi for Arthritis</b><br><b>10a Diabetes PATH Toolkit</b><br>10a Silver Sneakers<br>1p Chess Club<br>2p Diamond Art Club                                               |                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                           |                                                                                                                                                                                                                    |                                                                                                                                                                        |
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