





February 2024 - Meal Calendar

February 2024 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
 <p>Dinner 4:00pm to 5:30pm</p> <p>New Year ... New meal prices! Suggested donation for seniors 60+ is \$4.00 and for age 60 or younger, cost is \$8.00</p>		 <p>Running Talley of Support: 31 days, \$9,350 Thank you!</p>	<p>1 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend 4:00-5:30pm Dinner Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange</p>	<p>2 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi</p>						<p>1 9:30a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo</p>	<p>2 10:30a Fit for the Aging @ Library 1p Pantry Bingo</p>
<p>5 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple 4:00-5:30pm Dinner Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce</p>	<p>6 Breakfast Presentation 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple 4:00-5:30pm Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear</p>	<p>7 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots 4:00-5:30pm Dinner Meatloaf, Mashed Potatoes & Beef Gravy, Broccoli, Strawberries, Wheat Bread</p>	<p>8 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes 4:00-6:00pm Valentine's Dinner Baked Manicotti, Caesar Salad, Garlic Breadstick, Fresh Strawberries, Tiramisu</p>	<p>9 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas and Onions, Orange</p>	<p>5 9:30a Pokeno 9:30a Valentine Decorating 10a Silver Sneakers 1p Penny Bingo 1-4p Chess Club</p>	<p>6 9am Friends of a Feather Quilting 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers - Tinkers</p>	<p>7 9:30-10:30a - Food Commodities at St. Mary's Church 10a Silver Sneakers 1p Mahjong</p>	<p>8 10a Zumba Gold 4p - 6p Valentine's Dinner</p>	<p>9 10:30a Fit for the Aging @ Library 1p Pantry Bingo</p>		
<p>12 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi 4:00-5:30pm Dinner Beef Enchilada, Carrots, Spanish Rice, Kiwi</p>	<p>13 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:00-5:30pm Dinner Beef Tips, California Blend Vegetable, Pear</p>	<p>14 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:00-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear</p>	<p>15 11:30a-12:30p Lunch Chicken Cordon Blue, Mashed Potatoes & Gravy, Green Beans, Pineapple 4:00-5:30pm Dinner Beef Stew, California Blend Vegetable, Apple</p>	<p>16 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries</p>	<p>12 10a Silver Sneakers 1-4p Chess Club</p>	<p>13 10a Zumba Gold 10a Bible Study 5:30p Diamond Dancers - Tinkers</p>	<p>14 10a Silver Sneakers 1p Mahjong</p>	<p>15 9:30a Pokeno 10a Zumba Gold 1p Penny Bingo</p>	<p>16 No Fit for the Aging Library Closed 1p Pantry Bingo</p>		
<p>19 Closed President's Day</p>	<p>20 11:30a-12:30p Lunch Tomato Parmesan Pasta, Italian Blend Vegetables, Orange 4:00-5:30pm Dinner Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt</p>	<p>21 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:00-5:30pm Dinner Pork Roast, Baked Potato, Green Beans, Pear</p>	<p>22 Taste Testing 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes 4:00-5:30pm Dinner Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast</p>	<p>23 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes</p>	<p>19 No Silver Sneakers Library Closed Closed President's Day</p>	<p>20 10a Zumba Gold 10a Bible Study 4:30p COA Board Mtg 5:30p Diamond Dancers - Tinkers</p>	<p>21 10a Silver Sneakers 11a Alzheimer's Support Grp. at The Brook in Grayling 1p Mahjong 5p Nutrition Education - Food Choices & Chronic Illness</p>	<p>22 9:30a Pokeno 10a Zumba Gold 11:30a-12:30p Taste Testing - Chicken Salad 1p Penny Bingo</p>	<p>23 10:30a Fit for the Aging @ Library 1p Pantry Bingo</p>		
<p>26 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange 4:00-5:30pm Dinner Chicken Tacos, Refried Beans, Kiwi</p>	<p>27 Cupcakes & Ice Cream 11:30a-12:30p Birthday Lunch Taco Salad, Corn, Grapes 4:00-5:30pm Dinner Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread</p>	<p>28 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:00-5:30pm Dinner Shepard's Pie, Carrots, Grapes, Wheat Bread</p>	<p>29 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries 4:00-5:30pm Dinner Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana</p>		<p>26 10a Silver Sneakers 12-3p Foot Clinic - Appt. Required 1-4p Chess Club</p>	<p>27 10a Zumba Gold 10a Bible Study 11:30 - 12:30p Birthday Lunch Party 5:30p Diamond Dancers - Tinkers</p>	<p>28 10a Silver Sneakers 1p Mahjong</p>	<p>29 9:30a Pokeno 10a Zumba Gold 1p Penny Bingo</p>	<p>Zumba Gold, Silver Sneakers and Fit for the Aging at the Crawford County Grayling Library.</p>		