

September 2023 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>9/1—62nd Wedding Anniversary of Richard & Nancy Kiessel 9/28—Grayling's Class of 1983 & DJ Maze Stephan 10/17—Private donor in Honor of her Birthday.</p> <p>Running Talley of Support: 18 days, \$5,450 Thank you!</p>				1 11:30a-12:30p Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Burst O'Berries  Richard & Nancy Kiessel
4 Labor Day Holiday Senior Center Closed	5 11:30a-12:30p Sweet & Sour Meatballs, Brown Rice, Sitr Fry Vegetables, Pineapple 4:30-5:30p Vegetable Lasagna, Prince Charles Veggies, Breadstick, Orange	6 11:30a-12:30p Chicken Tenders, Cheesy Mashed Potatoes, Broccoli & Cauliflower, Orange 4:30-5:30p Shepards Pie, Carrots, Grapes	7 Taste Testing-Soup 11:30a-12:30p Meatloaf, Mashed Potatoes and Beef Gravy, Brussels Sprouts, Strawberries 4:30-5:30p Supreme Pizza, Broccoli, Apple	8 11:30a-12:30p Cheese Ravioli with Sauce, Asparagus, Italian Blend Veggies, Grapes
11 11:30a-12:30p Beef Goulash, Carrots, Green Beans, Applesauce 4:30-5:30p Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes	12 11:30a-12:30p Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Grapes 4:30-5:30p Scalloped Potatoes with Ham, Asparagus, Mixed Veggies, Orange	13 11:30a-12:30p Chicken Drumsticks, Baked Beans, Prince Charles Veggies, Apricots 4:30-5:30p Beef Stroganoff, Asparagus, Italian Blend Veggies, Breadstick, Apple	14 11:30a-12:30p Beef and Broccoli, Brown Rice, Stir Fry Veggies, Four Berries Fruit Blend 4:30-6p Grandparents Dinner BBQ Ribs / Chicken Tenders, Garlic Mashed Potatoes, Corn, Fruit Cup, Choc. Turtle Brownies	15 11:30a-12:30p Pepper Steak, Brown Rice, Stir Fry Veggies, Sugar Snap Peas
18 11:30a-12:30p Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30p Chicken Enchiladas, Corn & Black Bean Fiesta, Applesauce	19 All Staff In-Service Senior Center Closed	20 11:30a-12:30p Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:30-5:30p Spaghetti & Meatballs, Broccoli, Cantaloupe & Honeydew, Breadstick	21 11:30a-12:30p BBQ Pork Sandwich, Dill & Garlic Potatoes, Carrots, Kiwi 4:30-5:30p Cod Nuggets, Cheesy Mashed Potatoes, Cole Slaw, Kiwi	22 11:30a-12:30p Roast Turkey, Mashed Potatoes with Gravy, Peas & Onions, Orange
25 11:30a-12:30p Pot Roast, Mashed Potato with Gravy, Corn, Kiwi 4:30-5:30p Taco Salad, Corn, Grapes	26 Cupcakes & Ice Cream Birthday Lunch 😊 11:30a-12:30p Meatloaf, Mashed Potatoes with Beef Gravy, Broccoli, Strawberries, Wheat Bread 4:30-5:30p Beef Tips, California Blend Veggies, Pear	27 11:30a-12:30p Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots 4:30-5:30p Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear  Grayling's Class of 1983 & DJ Maze Stephan	28 11:30a-12:30p BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Grapes 4:30-5:30p Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange	29 11:30a-12:30p Sloppy Joe, Green Beans, Carrots, Burst O'Berries

September 2023 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Gold & Silver Sneakers at the Crawford County Grayling Library.				1 1p Pantry Bingo
4 Labor Day Holiday Senior Center Closed	5 9-4p Friends of a Feather - Quilting 10a Zumba 10a Bible Study 5:30pm Diamond Dancers 2&3 -Lawndale	6 9:30-10:30a – Food Commodities at St.Mary's Church 10a Silver Sneakers 10a Walk in the Woods Wellington Farm 1p Mahjong	7 10a Pokeno 10a Zumba 11:30-12:30p Taste Testing - Soup 1p Penny Bingo 3p Medicine Shoppe Bingo	8 10a-11a Memorabilia & History Team 1p Pantry Bingo
11 9:30a Deco-TLC Meeting 10a Silver Sneakers 1p Penny Bingo 1-4p Chess Club 1-4p Euchre 3p Sleep Class	12 10am Zumba 10am Bible Study 5:30pm Diamond Dancers 2&3 –Lawndale	13 10a Silver Sneakers 10a Walk in the Woods Rayburn Property 1p Mahjong	14 10a Pokeno 10a Zumba 4:30 – 6p Grandparent's Special Dinner	15 1p Pantry Bingo
18 10a Silver Sneakers 1-4p Chess Club 1-4p Euchre 3p Sleep Class	19 All Staff In-Service Senior Center Closed 4:30p COA Board Mtg 6pm Diamond Dancers - Northern Pines	20 10a Silver Sneakers 11a Alzheimer's Support Grp. at The Brook in Grayling 10a Walk in the Woods Milock Preserve 1p Mahjong	21 10a Pokeno 10a Zumba 11:30-12:30 Picnic lunch at Hanson Hills 1p Penny Bingo	22 1p Pantry Bingo
25 10a Silver Sneakers 12-3p Foot Clinic – Appt. Required 1-4p Chess Club 1-4p Euchre 3p Sleep Class	26 10a Zumba 10a Bible Study 11:30 -12:30p Birthday Lunch Party 12:30-4:30p AARP Drivers Safety Class 5:30pm Diamond Dancers 2&3 -Lawndale	27 10a Silver Sneakers 10a Walk in the Woods Hartwick Pines 1p Mahjong 12:30-4:30p AARP Drivers Safety Class 5p Nutrition Education – Portion Control	28 9a Special Breakfast Presentation 10a Pokeno 10a Zumba 1p Penny Bingo <div>Eggs made to order tableside, Hash Browns, Turkey Sausage, Wheat Toast & Yogurt.</div>	29 1p Pantry Bingo 2:30-4:30pm Covid/Flu Shot Clinic

Classes and meetings at 308 Lawndale Street. Silver Sneakers & Zumba Gold at Grayling Library.