

December 2019 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	3 11:30a-12:30p Lunch Taco Salad, Pinto Beans, Broccoli, Apricots 4:30-5:30pm Dinner Chicken Fettucine Alfredo, Sugar Snap Peas, Broccoli, Strawberries 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	4 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 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	5 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Tossed Salad, Grapes 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	6 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 2nd Menu Option Egg Salad Pita, Bean Soup, Banana
9 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup	10 11:30-12:30 Lunch Chicken Fajita, Green Beans, Tossed Salad, Apple 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange	11 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries 2nd Menu Option Chicken Salad Pita, Beef Barley Soup, Apple	12 11:30a-12:30p Lunch Hamburger, Green Beans, Tossed Salad, Burst O' Berries 4-6pm Christmas Dinner Sliced Roast Beef, Au Gratin Bacon Potatoes, Garlic Herb Broccoli, Malibu Fruit Salad, Red Velvet Cake 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	13 11:30-12:30 Lunch Salisbury Steak, Mashed Potato w/ Gravy, Brussels Sprouts, Grapes 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
16 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	17 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 4:30-5:30pm Birthday Dinner Beef Tips, Brown Rice, Asparagus, Applesauce, Cake & Ice Cream 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	18 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	19 11:30a-12:30p Lunch Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	20 11:30-12:30 Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 2nd Menu Option Egg Salad Pita, Bean Soup, Banana
23 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS	26 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30-5:30pm Dinner Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	27 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
30 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	31 CLOSED FOR NEW YEARS EVE	1 CLOSED FOR NEW YEARS DAY	Senior Center Meal Program Lunch Monday-Friday 11:30am - 12:30pm Dinner Tuesday-Thursday 4:30 - 5:30pm 2nd Menu Option served both meals Over 60 suggested donation of \$3.50. Under 60 cost \$5.75.	

December 2019 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1:30 Regular Clogging	3 9-4:30 Bronner's Trip 10am Bible Study 10am Zumba Gold NO Line Dancing 1pm Euchre 1pm Gentle Yoga 2:30-4pm Write Your Life Story 4:30-5:30pm Blood Press/Sugar Ck 5:30pm Water Aerobics @ Grayling Super 8 5:45pm Christmas Sing-A-Long	4 9:30am Commodities @ St. Mary's 9&10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm PATH @ MSUE 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	5 10am Stress Less w/ Mindfulness 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30a-6:30p Foot Clinic —Appt. Req. 1pm Penny Bingo 1pm Christmas Pallet Paint Party @ Nature Center	6 9:30am Hanging of the Greens 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool - 9 Ball
9 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1:30 Regular Clogging	10 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5:30pm Water Aerobics @ Grayling Super 8	11 9&10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm PATH @ MSUE 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	12 10am Stress Less w/ Mindfulness 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1pm Penny Bingo 4-6pm Christmas Dinner	13 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool - 9 Ball
16 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1-4pm Hearing Clinic —Appt. Req'd 1pm Bridge Club 1:30 Regular Clogging	17 9am Breakfast Pres. 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5:30pm Water Aerobics @ Grayling Super 8 5:30pm B-Day Dinner 6:00pm COA Board Mtg	18 9&10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	19 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1-4pm Legal Assistance 1pm Penny Bingo 3pm Medicine Shoppe Bingo	20 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks NO Lovells Satellite 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool - 9 Ball
23 NO Aerobic Drumming NO Clogging 1pm Bridge Club	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS	26 10am Craft & Chat 10am Pokeno NO Stretch to Fitness 1pm Penny Bingo	27 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool - 9 Ball
30 NO Aerobic Drumming NO Clogging 1pm Bridge Club	31 CLOSED FOR NEW YEARS EVE	1 CLOSED FOR NEW YEARS DAY	CLOSED The Commission on Aging & Senior Center will be closing on Thursdays at 6pm in December.	