

June 2024 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple 4:30-5:30pm Dinner Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	4 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetable, Orange 4:30-5:30p Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear	5 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries 4:30-5:30p Dinner Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	6 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes 4:30-5:30p Dinner Beef Stew, California Blend Vegetable, Apple	7 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange
10 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:30-5:30p Dinner Taco Salad, Corn, Grapes	11 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:30-5:30p Dinner Beef Tips, California Blend Vegetable, Pear	12 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots 4:30-5:30p Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	13 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes 4-6pm Father's Day Dinner BBQ Ribs, Corn on the Cobb, Loaded Potato Salad, Fruit Salad, Cherry Pie	14 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi
17 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple 4:30-5:30p Dinner Beef Enchilada, Spanish Rice, Carrots, Kiwi	18 11:30a-12:30p Lunch Chicken and Dumplings, Harvest Blend Vegetables, Orange 4:30-5:30p Dinner Cabbage Rolls, Redskin Potatoes, Peas & Carrots, Blueberry Yogurt	19 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30pm Dinner Pork Roast, Baked Potato, Green Beans, Pear	20 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Grapes 4:30-5:30p Dinner Lasagna, Mixed Vegetables, Grapes Special Dessert: Tiramisu Cupcakes with purchase of a concert ticket	21 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
24 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange 4:30-5:30p Dinner Chicken Tacos, Refried Beans, Kiwi	25 Cookies & Ice Cream 11:30a-12:30p Birthday Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple 4:30-5:30p Dinner Stuffed Peppers, Broccoli, Cauliflower, Wheat Bread, Kiwi	26 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:30-5:30p Dinner Shepard's Pie, Carrots, Wheat Bread, Grapes	27 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries NO DINNER ALL STAFF TRAINING 1:30-4:30	28 11:30a-12:30p Lunch Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi
Light Bites Egg Salad on Croissant Cucumber Dill Salad 2% Milk Red Grapes	Light Bites Southern Style Chicken Salad on Croissant Garden Salad Orange 2% Milk	Light Bites Italian Meatball Sub Garden Salad 2% Milk	Light Bites Mojo Chicken Bowl Grapes 2% Milk	Light Bites Garden Salad BBQ Chicken Flatbread Fresh Pear 2% Milk

June 2024 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	4 10a Zumba Gold 1p Card Games 5p Uno Game Night	5 9:30-10:30a – Food Commodities at St. Mary's Church 10a – Walk in the Woods Gahagan 10a Silver Sneakers 11-1p Blood Pressure/ Sugar Check 1p Mahjong 3:30p Senior Moments Acting Class	6 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo 3:30p Daylight Diamonds 4:30-6:00p Heartland Hospice Grief Support Group	7 10:45a Fit for the Aging CANCELLED 1p Pantry Bingo SATURDAY 8 10a-12p Shred Day @Court House
10 10a Silver Sneakers 1-4p Chess Club 1-2:30p Fraud Bingo with Huntington Bank 2-3p Diamond Art Club	11 9a-12p Vaccine Clinic 10a Zumba Gold 11:30 a – 12:30p Taste Test and Trivia 1p Card Games 5p Catan Strategy Game Night	12 10a – Walk in the Woods – Bright and Glory 10a Silver Sneakers 10a -3p SOS Mobile Office 11-1p Blood Pressure/ Sugar Check 1p Mahjong 3:30p Senior Moments Acting Class	13 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3:30p Daylight Diamonds 4p-6p Father's Day Dinner 4:30-6:00p Heartland Hospice Grief Support Group	14 10:45a Fit for the Aging 1p Pantry Bingo
17 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	18 10a Zumba Gold 1p Card Games 1p-2p Elder Exploitation Class with Horizon Bank 4:30p COA Board Meeting 5pm Scrabble Game Night	19 10a – Walk in the Woods – Groen Nature Preserve 10a Silver Sneakers 11a Alzheimer's Support Grp. at The Brook in Grayling 11-1p Blood Pressure/ Sugar Check 1p Mahjong 3:30p Senior Moments Acting Class	20 10a Pokeno 10a Zumba Gold 1p Penny Bingo 1-5p Legal Assistance 3:30p Daylight Diamonds 3-5p Neighborhood Connections 4:30-6p Heartland Grief Support Group 6-7p Greg Bogus Dinner Concert	21 10:45a Fit for the Aging 1p Pantry Bingo SATURDAY 22 11a-1p Pet Palooza @COA
24 10a Silver Sneakers 12-3p Foot Clinic – Appt. Required 1-4p Chess Club 2-3p Diamond Art Club	25 10a Zumba Gold 11:30a Birthday Lunch 1p Card Games 1p-2p Avoiding Scams Class with Horizon Bank 5pm Taboo Game Night	26 10a – Walk in the Woods – North Higgins Lake 10a Silver Sneakers 11a New to Medicare 11-1p Blood Pressure Ck 1p Mahjong 5p Nutrition Education 3:30p Senior Acting Class 4:30p Heartland Grief Support Group	27 10a-1p Trip to the Goat Farm 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3:30p Daylight Diamonds NO DINNER ALL STAFF TRAINING 1:30-4:30	28 10:45a Fit for the Aging CANCELLED 1p Pantry Bingo
Light Bites Egg Salad on Croissant Cucumber Dill Salad 2% Milk Red Grapes	Light Bites Southern Style Chicken Salad on Croissant Garden Salad Orange 2% Milk	Light Bites Italian Meatball Sub Garden Salad 2% Milk	Light Bites Mojo Chicken Bowl Grapes 2% Milk	Light Bites Garden Salad BBQ Chicken Flatbread Fresh Pear 2% Milk