

Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean &amp; Ham</i>	FRIDAY <i>Chili</i>	Sat	
	<b>1</b> <b>Commission on Aging and Senior Center CLOSED</b>  	<b>2</b> <b>Commission on Aging and Senior Center CLOSED</b>	<b>3</b> 10am Crafting 10am Line Dancing <b>12pm Lunch - Chicken and Mushroom</b> Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner - French Dip Sandwich,</b> <b>Red Skin Potato, Corn, Burst O' Berries</b>	<b>4</b> 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch - BBQ Pork Sandwich,</b> Sweet Potato Fries, Peas & Carrots, Apricots 1pm Penny Bingo 1:30pm Bible Study  <b>5pm Dinner - Beef Taco, Corn,</b> <b>Refried Beans, Apricots</b>	<b>5</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lunch - Chicken Cordon Bleu,</b> Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball	<b>6</b>	
7	<b>8</b> 10am Flower Arrangement Class <b>12pm Lunch - Pork with Kraut,</b> Green Beans, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging  <b>5pm Dinner - Lemon Baked Fish,</b> <b>Red Skin Potato, Sliced Carrots,</b> <b>Burst O' Berries</b>	<b>9</b> 10am Bible Study 10am Zumba Gold <b>11:30-5pm Foot Clinic-Need Appt</b> <b>12pm Lunch - Shepherd's Pie,</b> Winter Blend Vegetable, Fresh Orange 1pm Euchre  4-5pm Blood Press/Sugar Checks <b>5pm Dinner - Chicken Fettuccini</b> <b>Alfredo, Sugar Snap Peas,</b> <b>Tossed Salad, Strawberries</b>	<b>10</b> <b>9:30am Commodities @ St. Mary's</b> 10am Crafting 10am Line Dancing <b>12pm Lunch - Breaded Skinless</b> <b>Chicken Breast, Baked Sweet Potato,</b> <b>Mixed Vegetables, Applesauce</b> <b>1pm-4pm DHHS Assistance</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner - Salisbury Steak,</b> <b>Mashed Potato w/Mushroom Gravy,</b> <b>Brussel Sprouts, Fruit Cocktail</b>	<b>11</b> 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch - Pork Riblet Sandwich,</b> Sweet Potato Fries, Green Beans, Fresh Pear 1pm Penny Bingo 1:30pm Bible Study  <b>5pm Dinner - Stuffed Peppers,</b> <b>Prince Charles Veg Blend, Apricots</b> <b>6pm Chair Yoga</b>	<b>12</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Check <b>12pm Frederic Satellite</b> <b>12pm Lunch - Beef Tips &amp;</b> <b>Noodles, Asparagus, Fresh Apple</b> 1pm Pantry Bingo 1pm Pool - 9 Ball	<b>13</b>	
14	<b>15</b> 10am Flower Arrangement Class <b>12pm Lunch - Baked Ham,</b> Baked Sweet Potato, Green Beans, Applesauce 12:30pm Beginning Clogging <b>1-4pm Hearing Clinic-Appt. Req'd</b> 1pm Bridge Club 1:30pm Clogging <b>5pm Dinner - Crispy Lemon Chicken</b> <b>Breast, Baked Sweet Potato, Peas,</b> <b>Fresh Orange</b>	<b>16</b> 10am Bible Study 10am Zumba Gold <b>12pm Lunch - Meatloaf, Baked</b> <b>Potato, Broccoli, Strawberries</b> 1pm Euchre  4-5pm Blood Press/Sugar Checks  <b>5pm Dinner - Lasagna,</b> <b>Breadstick, Tossed Salad, Winter</b> <b>Blend Vegetable, Red Grapes</b>  <b>6pm Musical Masterpiece Party</b>	<b>17</b> 10am Crafting 10am Line Dancing <b>11am Alzheimer's Support Grp. @</b> <b>The Brook of Grayling; 503 Rose St</b> <b>12pm Lunch - Stuffed Cabbage,</b> <b>Baked Potato, Mixed Vegetables,</b> <b>Blueberry Yogurt</b>  1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner - Beef Pot Roast, Boiled</b> <b>Potato, Green Beans, Fresh Apple</b>	<b>18</b> 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch - Smothered Pork,</b> Broccoli, Carrots, Burst O' Berries, Banana 1pm Penny Bingo 1:30pm Bible Study  <b>4-6pm Winter Picnic -</b> <b>BBQ Ribs, Broasted Potatoes,</b> <b>Country Baked Beans, Watermelon,</b> <b>Baked Apple Pie</b>	<b>19</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lovells Satellite</b> <b>12pm Lunch - Breaded Cod,</b> <b>Red Skin Potatoes, Prince Charles</b> <b>Veggie Blend, Fresh Apple</b> 1pm Pantry Bingo 1pm Pool - 9 Ball	<b>20</b>	
21	<b>22</b> 10am Flower Arrangement Class <b>12pm Lunch - Roast Turkey,</b> Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging  <b>5pm Dinner - Liver &amp; Onions,</b> <b>Boiled Potato, Cabbage w/ Bacon,</b> <b>Parisian Carrots, Fruit Cocktail</b>	<b>23</b> <b>9am Munson Breakfast</b> 10am Bible Study 10am Zumba Gold <b>12pm Lunch - Beef Ravioli,</b> Italian Blend, Green Beans, Grapes 1pm Euchre  4-5pm Blood Press/Sugar Checks <b>5pm Birthday Dinner -</b> <b>Beef Pot Pie, Brussel Sprouts,</b> <b>Burst O' Berries, Banana,</b> <b>Cake &amp; Ice Cream</b>	<b>24</b> 10am Crafting 10am Line Dancing <b>12pm Lunch - Beef Pot Roast,</b> Red Skin Potato, Carrots, Fresh Orange <b>1-4pm Legal Assist-Appt. Required</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner - BBQ Chicken Breast,</b> <b>Baked Potato, Stewed Tomatoes,</b> <b>Fresh Pear</b>	<b>25</b> 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch - Taco Salad, Refried</b> <b>Beans, Corn, Mandarin Oranges</b> 1pm Penny Bingo 1:30pm Bible Study 3pm Medicine Shoppe Bingo  <b>5pm Dinner - Pork Chop Supreme,</b> <b>Red Skin Potato, Tossed Salad,</b> <b>Brussels Sprouts, Applesauce</b> <b>6pm New to Medicare</b>	<b>26</b> 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11am Blood Pressure Checks <b>12pm Lunch - Pepper Steak,</b> <b>Brown Rice, Stir Fry Vegetable,</b> <b>Asparagus, Pineapple</b> 1pm Pantry Bingo 1pm Pool - 9 Ball	<b>27</b>	
28	<b>29</b> 10am Flower Arrangement Class <b>12pm Lunch - Potato Crunch Pollock,</b> Red Skin Potato, California Vegetable Blend, Applesauce 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging  <b>5pm Dinner - Cranberry Chicken,</b> <b>Baked Potato, Peas &amp; Carrots, Plums</b>	<b>30</b> 10am Bible Study 10am Zumba Gold <b>12pm Lunch - Hamburger,</b> Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre  4-5pm Blood Press/Sugar Checks <b>5pm Dinner - Western Omelet,</b> <b>Hashbrown Stix, Broccoli &amp;</b> <b>Cauliflower, Applesauce</b>	<b>31</b> 10am Crafting 10am Line Dancing <b>12pm Lunch - Chicken Stir Fry</b> <b>w/Brown Rice, Pineapple Chunks,</b> <b>Fresh Orange</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner - Meatloaf,</b> <b>Mashed Potato w/Gravy,</b> <b>Broccoli, Strawberries</b>	<div style="border: 1px dashed black; padding: 10px; text-align: center;"> <p><i>Crawford County</i>  <i>Commission on Aging &amp; Senior Center</i></p> <h1>January 2018</h1> <h2>At-A-Glance Meal &amp; Activities Calendar</h2> </div>			
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