

Senior Center Meal Program

Lunch 11:30am - 12:30pm, Mon - Fri.
Dinner 4:30 - 5:30pm, Mon - Thurs.

Lunch & Dinner suggested donation of \$3.00. Under 60 cost \$5.00.

2 Choices of Soups served daily

Bowl of Soup \$1.00 per bowl	Milk 30¢ with a bowl of soup
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Soup is available starting 11:30/4:30
To go soup is available

Satellite Meals

Frederic/Maple Forest
@ Frederic Township Building
Lovells @ Lovells Township Bldg

Please call the
Senior Center at 348-7123 to make
a reservation for a Satellite Meal.



Red, White & Blue Celebration

What's more *American* than enjoying your *Hotdogs* and *Apple Pie*



on your **NEW Patio Furniture** from YOUR Gaylord Art Van Furniture.

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Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean & Ham</i>	FRIDAY <i>Chili</i>	Sat		
1	2 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries	3 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Beef Tips & Noodles, Asparagus, Fresh Apple 1pm Euchre 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries 5:45pm Patriotic Sing-a-long	 11:00am 4th of July Parade Office CLOSED	5 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear 1pm Wii with Bellaire 1pm Penny Bingo 4:30-5:30pm Dinner – Stuffed Peppers, Prince Charles Veggie Blend, Apricots 5:45pm Donny Rod Concert	6 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball	7		
8	9 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Beef Pot Roast, Boiled Potato, Green Beans, Fresh Apple 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner – Baked Ham, Baked Sweet Potato, Green Beans, Applesauce	10 9am COA Free B-Fast Pres. 10am-2:30pm AARP Safety Class @ Free Methodist Church 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes	11 9:30am Commodities @ St. Mary's 10am-2:30pm AARP Safety Class @ Free Methodist Church 10am Congregate Project Council 10am Crafting 11:30am-12:30pm Lunch – Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1-4pm DHHS Assistance 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Breaded Cod, Red Skin Potatoes, Prince Charles Veggie Blend, Fresh Apple	12 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30-12:30pm Lunch – Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Wii at Bellaire 1pm Penny Bingo 4:30-5:30pm Dinner – Beef Enchilada, Corn, Peaches 5:45pm Red, White & Blue Party	13 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball	14 Shred Day 10am-12pm Spikes Keg O Nails' Parking Lot Relay for Life		
15	16 10am Flower Arrangement Class 11:30am-12:30pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Grapes 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 4:30-5:30pm Dinner – Liver & Onions, Boiled Potato, Fried Cabbage w/Bacon, Parisian Carrots, Fruit Cocktail	17 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch – Taco Salad, Refried Beans, Corn, Mandarin Oranges 1pm Euchre 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Beef Pot Pie, Brussels Sprouts, Burst O' Berries, Banana,	18 10am Crafting 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Fresh Apple 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear	19 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Pineapple 1pm Penny Bingo 4pm-6pm Chicken BBQ Dinner – Chicken BBQ, Potato Salad, Corn on Cob, Watermelon, Assorted Desserts	20 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 12pm Lovells Satellite 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball	21		
22	23 10am Flower Arrangement Class 11:30am-12:30pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1pm Bridge Club 4:30-5:30pm Dinner – Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Fresh Apple	24 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Fish Sandwich, Cauliflower, Peas & Carrots, Fresh Apple 1pm Euchre 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Birthday Dinner – Celebrating Birthdays at 5pm Cranberry Chicken, Baked Potato, Peas & Carrots, Plums, Cake & Ice Cream 5:45pm Cornhole 6pm COA Board Meeting	25 10am Crafting 11:30am-12:30pm Lunch – Chicken Stir Fry w/Brown Rice, Green Beans, Fresh Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1-4pm Legal Assist-Appt. Required 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	26 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 11:30am-12:30pm Lunch – Hamburger, Corn, Sweet Potato Fries, Burst O' Berries 1pm Wii with Roger City 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner – Beef Stew, Biscuit, Tossed Salad, Asparagus, Grapes 5pm Beach Bums Trip	27 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball	28 3pm Ausable River Festival Parade Ausable Canoe Marathon		
29	30 10am Flower Arrangement Class 11:30am-12:30pm Lunch – Pork Roast, Green Beans, Baked Potato, Fresh Pear 1pm Bridge Club 4:30-5:30pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	31 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Baerries 1pm Euchre 4:30-5:30pm Blood Press/Sugar Checks 4:30-5:30pm Dinner – Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Fresh Apple	 Crawford County Commission on Aging & Senior Center July 2018 At-A-Glance Meal & Activities Calendar 				 Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling Located Behind Burger King Must be a first time meal.  	