|  |  |  |
| --- | --- | --- |
| **July 2025 – Meal Calendar** |  | **July 2025 – Activities Calendar** |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | 1**8:30a-9:30a Breakfast**English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend**11:30a-12:30p Lunch**Meatloaf, Mashed Potatoes/Beef Gravy, Brussels Sprouts, Apple | 2**8:30a-9:30a Breakfast**Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie**11:30a-12:30p Lunch**Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi | 3**8:30a-9:30a Breakfast**Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie**11:30a-12:30p Lunch**Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend, Fresh Orange**MEAL MAKE UP DAY** | **Center Closed for the 4th of July** |  |  | **1****9a Friends of a Feather Quilting Group**9a Zumba Gold A10a Zumba Gold B12:30p Euchre | **2**10a Silver Sneakers**10:30a Water Aerobics @ The Super 8**12:30p Mahjong | **3**9a Zumba Gold A10a Zumba Gold B**12:30p 4th of July Party**1p Penny Bingo3p Grayling Pharmacy Bingo | **4****Center Closed for 4th of July****11a Fourth of July Parade** |
| 7**8:30a-9:30a Breakfast**Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend**11:30a-12:30p Lunch**Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Banana | 8**8:30a-9:30a Breakfast**English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend**11:30a-12:30p Lunch**Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew | 9 **8:30a-9:30a Breakfast**Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie**11:30a-12:30p Lunch**Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange | 10 NO BREAKFAST**11:30a-12:30p Lunch**Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Four Berries Blend**Hawaiian Luau Special Dinner 4:00p – 6:00 pm**Hawaiian Ginger Chicken, Island Sesame Rice, steamed Sugar Snap Peas, Hawaiian Roll, and a Smoked Pineapple Sundae | 11**8:30a-9:30a Breakfast**Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie**11:30a-12:30p Lunch**Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi |  | **7**10a Silver Sneakers1-4p Chess Club2-3p Diamond Art Club | **8****9a-2p Housing Counseling**9a Zumba Gold A10a Zumba Gold B12:30p Euchre | **9**8:30a Blood Pressure Checks10a Silver Sneakers**10:30a Water Aerobics @ The Super 8**12:30p Mahjong | **10**9a Zumba Gold A10a Zumba Gold B1p Penny Bingo**4p-6p Hawaiian Luau Special Dinner** | **11**10:30a Bible Study10:45a Fit for the Aging1p Pantry Bingo |
| 14**8:30a-9:30a Breakfast**Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend**11:30a-12:30p Lunch**Chicken Stew with Biscuit, Brussels Sprouts, Fresh Pear  | 15**8:30a-9:30a Breakfast**English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend**11:30a-12:30p Lunch**Sweet & Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks | 16 **8:30a-9:30a Breakfast**Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie**11:30a-12:30p Lunch**Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots | 17**8:30a-9:30a Breakfast**Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie**11:30a-12:30p Lunch**Lasagna, Mixed Vegetables, Red Grapes | 18 **8:30a-9:30a Breakfast**Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie**11:30a-12:30p Lunch**Roast Turkey, Mashed Potatoes, Peas and Onions, Fresh Orange |  | **14**10a Silver Sneakers1-4p Chess Club2-3p Diamond Art Club**1p Pantry Bingo** | **15**9a Zumba Gold A10a Zumba Gold B12:30p Euchre**4:30p COA Board Meeting** | **16**8:30a Blood Pressure Checks10a Silver Sneakers**10:30a Water Aerobics @ The Super 8****10:30a Uncommon Ranch Trip****10a New to Medicare****11a Alzheimer’s Support @ the Brook**12:30p Mahjong**1-5p CPR Class**  | **17**9a Zumba Gold A10a Zumba Gold B1p Penny Bingo**1p Legal Assistance** | **18**10:30a Bible Study10:45a Fit for the Aging**Pantry Bingo Rescheduled to 7/14** |
| 21**8:30a-9:30a Breakfast**Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend**11:30a-12:30p Lunch**BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi  | 22**8:30a-9:30a Breakfast**English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend**11:30a-12:30p Lunch**Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Banana | 23 **8:30a-9:30a Breakfast**Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie**11:30a-12:30p Lunch**Hamburger Stroganoff, Green Beans, Fresh Orange  | 24**8:30a-9:30a Breakfast**Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie**11:30a-12:30p Lunch**Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce | 25 **8:30a-9:30a Breakfast**Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie**11:30a-12:30p Lunch**Sloppy Joe on a Bun, Green Beans, Carrots, Four Berries Blend |  | **21**10a Silver Sneakers1-4p Chess Club2-3p Diamond Art Club | **22**9a Zumba Gold A10a Zumba Gold B12:30p Euchre | **23**8:30a Blood Pressure Checks10a Silver Sneakers**10:30a Water Aerobics @ The Super 8**12:30p Mahjong**2p-4p Commodities** | **24**9a Zumba Gold A10a Zumba Gold B1p Penny Bingo**12:15p Roscommon Ukers Sing and Play Along**  | **25**10:30a Bible Study10:45a Fit for the Aging1p Pantry Bingo |
| 28**8:30a-9:30a Breakfast**Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend**11:30a-12:30p Lunch**Chicken Alfredo, Sugar Snap Peas, Broccoli, Fresh Orange | 29 **8:30a-9:30a Breakfast**English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend**11:30a-12:30p Lunch**Parmesan Cod, Brown Rice, Prince Charles Vegetable, Fresh Pear | 30**8:30a-9:30a Breakfast**Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie**11:30a-12:30p Lunch**Pork Roast, Baked Potato, Green Beans, Red Grapes | 31**8:30a-9:30a Breakfast**Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie**11:30a-12:30p Birthday Lunch**BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes  |  |  | **28****9a-4:30p Footcare** 10a Silver Sneakers1-4p Chess Club2-3p Diamond Art Club | **29**9a Zumba Gold A10a Zumba Gold B12:30p Euchre | **30**8:30a Blood Pressure Checks10a Silver Sneakers**10:30a Water Aerobics @ The Super 8**12:30p Mahjong | **31**9a Zumba Gold A10a Zumba Gold B**11:30a Birthday Lunch**1p Penny Bingo |  |
| **Light Bites – Dine in Only**Bourbon Chicken, Sugar Snap Peas, Vegetable Egg Roll, Kiwi | **Light Bites – Dine in Only**Crab Cakes, Lemony Broccolini, Sourdough Roll, Tangerine Clementine | **Light Bites – Dine in Only**Italian Meatball Sub, Garden Salad, Apple Sauce | **Light Bites – Dine in Only**Mojo Chicken, Red Grapes | **Light Bites – Dine in Only**BBQ Chicken Flatbread, Garden Salad, Banana |  |  |  |  |  |  |