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| **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 A  10a Zumba Gold B  12:30p Euchre | **2**  10a Silver Sneakers  **10:30a Water Aerobics @ The Super 8**  12:30p Mahjong | **3**  9a Zumba Gold A  10a Zumba Gold B  **12:30p 4th of July Party**  1p Penny Bingo  3p 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 Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | **8**  **9a-2p Housing Counseling**  9a Zumba Gold A  10a Zumba Gold B  12:30p Euchre | **9**  8:30a Blood Pressure Checks  10a Silver Sneakers  **10:30a Water Aerobics @ The Super 8**  12:30p Mahjong | **10**  9a Zumba Gold A  10a Zumba Gold B  1p Penny Bingo  **4p-6p Hawaiian Luau Special Dinner** | **11**  10:30a Bible Study  10:45a Fit for the Aging  1p 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 Sneakers  1-4p Chess Club  2-3p Diamond Art Club  **1p Pantry Bingo** | | **15**  9a Zumba Gold A  10a Zumba Gold B  12:30p Euchre  **4:30p COA Board Meeting** | **16**  8:30a Blood Pressure Checks  10a 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 A  10a Zumba Gold B  1p Penny Bingo  **1p Legal Assistance** | **18**  10:30a Bible Study  10:45a 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 Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | **22**  9a Zumba Gold A  10a Zumba Gold B  12:30p Euchre | **23**  8:30a Blood Pressure Checks  10a Silver Sneakers  **10:30a Water Aerobics @ The Super 8**  12:30p Mahjong  **2p-4p Commodities** | **24**  9a Zumba Gold A  10a Zumba Gold B  1p Penny Bingo  **12:15p Roscommon Ukers Sing and Play Along** | **25**  10:30a Bible Study  10:45a Fit for the Aging  1p 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 Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | **29** 9a Zumba Gold A  10a Zumba Gold B  12:30p Euchre | **30**  8:30a Blood Pressure Checks  10a Silver Sneakers  **10:30a Water Aerobics @ The Super 8**  12:30p Mahjong | **31**  9a Zumba Gold A  10a 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 |  |  | |  |  |  |  |