

July 2026 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Herb Pork Loin, Mashed Potatoes with Gravy, Prince Charles Vegetables, Roll, Pear	2 MEAL DAY 8:30a-9:30a Breakfast Belgian Waffles, Two Sausage patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch American Goulash, Green Beans, Roll, and Kiwi	CLOSED FOR THE 4TH OF JULY
6 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch Chicken Drumsticks, Mashed Potatoes with Gravy, Baked Beans, Banana	7 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Spaghetti and Meatballs, Italian Blend Vegetables, Breadstick, Apple	8 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange  <i>Today's Hometown Hero is David & Kathleen Boissevain, in honor of Helen Boissevain's 95th birthday</i>	9 8:30a-9:30a Breakfast Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes with Gravy, Brussels Sprouts, Apple	10 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch Pepper Steak, Fried Rice, Stir Fry Vegetable, Kiwi  <i>Today's Hometown Hero is Keith Radawnski and Erin Fanning, in memory of Eugene Marcinek</i>
13 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi	14 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Orange	15 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges  <i>Today's Hometown Hero is Bill and Sherry Haag, in memory of Troy Haag, because he loved to cook.</i>	16 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks 4:00p-6:00p Hawaiian Luau Special Dinner Polynesian Chicken, Snap peas, Pineapple Rice, Tropical Fruit Salad	17 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Pear
20 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch Orange Chicken, Stir Fry Vegetable, Fried Rice, Banana	21 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Birthday Lunch Western Omelet, Redskin Potatoes, Berry Vanilla Yogurt Bowl	22 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Beef Pot Roast in Gravy, Mashed Potatoes, Carrots, Roll, Banana	23 8:30a-9:30a Breakfast Belgian Waffles, Two Sausage patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Chicken Enchiladas, Corn and Black Bean Fiesta, Brown Spanish Rice, Applesauce	24 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch Sloppy Joe, Red Skin Potatoes, Green Beans, Apple
27 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie 11:30a-12:30p Lunch Chicken Alfredo, Sugar Snap Peas, Broccoli, Orange	28 8:30a-9:30a Breakfast Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Parmesan Fish, Brown Rice, Prince Charles Vegetables, Pear	29 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Banana, Fortune Cookie	30 8:30a-9:30a Breakfast Belgian Waffles, Two Sausage patties, Strawberries, Strawnana Smoothie 11:30a-12:30p BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes	31 8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie 11:30a-12:30p Lunch Roast Turkey, Gravy, Redskin Potatoes, Asparagus, Apple
Light Bites – Dine in Only Ham & Cheese Sub, Cole Slaw, Banana	Light Bites – Dine in Only Pierogi, Fried Cabbage with Bacon, Roll, Pear	Light Bites – Dine in Only Turkey Sub, Tri-Tortellini Salad, Banana	Light Bites – Dine in Only Mojo Chicken Bowl, Mandarin Oranges	Light Bites – Dine in Only BBQ Chicken Flat Bread, Garden Salad, Banana

July 2026 - Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:30a Blood Pressure Checks 9a AuSable Quilt Guild 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	2 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold 1p Penny Bingo 3:30p Grayling Pharmacy Bingo	CLOSED FOR THE 4TH OF JULY
6 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	7 9a Friends of A Feather Quilting Group 9a Zumba Gold 10a Zumba Gold 12:30p Euchre	8 8:30a Blood Pressure Checks 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling 1p-3p Versiti Blood Bus	9 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo 3p Music for Life	10 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo
13 8:30a Tai Chi for Arthritis 9a Footcare 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	14 9a Zumba Gold 10a Zumba Gold 10a Grief Support Group 12:30p Euchre 1p Cancer Support Group	15 8:30a Blood Pressure Checks 8:30a Tai Chi for Arthritis 11a Alzheimer's Support Group @ the Brook 10a New to Medicare 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	16 9a Zumba Gold 10a Zumba Gold 1p Legal Advice 1p Penny Bingo 4p Hawaiian Luau Special Dinner	17 10:00a Painting Class with Lynn Oldfield - \$15.00 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo
20 8:30a Tai Chi for Arthritis 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	21 9a Zumba Gold 10a Zumba Gold 12p Birthday Lunch 12:30p Euchre 4:30p Board Meeting	22 8:30a Blood Pressure Checks 8:30a Tai Chi for Arthritis 10a Book Club 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling 1p Commodities	23 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo 3p Music for Life	24 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo
27 8:30a Tai Chi for Arthritis 9a Footcare 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	28 9a Zumba Gold 10a Zumba Gold 12:30p Euchre	29 7:30a Detroit Tigers Trip 8:30a Tai Chi for Arthritis 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Book Club 12:30p Mahjong 12:30p Wii Bowling	30 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo	31 10:30a Bible Study 10:45a Fit for the Aging 12:30p Flower Arranging Class 1p Pantry Bingo