

July 2022 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 11:30a-12:30p Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
4 CLOSED 4th of July	5 11:30a-12:30p Lunch Chicken Taco, Corn, Pinto Beans, Cantaloupe & Honeydew	6 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes, Corn, Kiwi	7 11:30a-12:30p Lunch Spaghetti & Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	8 11:30a-12:30p Lunch Sloppy Joe Sandwich, Green Beans, Carrots, Burst O' Berries
11 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	12 No Lunch Served Today Due to Staff Training	13 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange	14 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Cabbage Fried w/ Bacon, Green Beans, Grapes	15 11:30a-12:30p Lunch Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana
18 11:30a-12:30p Lunch Beef Goulash, Green Beans, Kiwi	19 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes & Gravy, Brussels Sprouts, Strawberries	20 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Mandarin Oranges	21 11:30a-1p Chicken BBQ Luncheon BBQ Chicken, Hickory Smoked Beans, Garlic Mashed Potatoes, Watermelon, Assorted Desserts	22 11:30a-12:30p Lunch Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
25 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes	26 11:30a-12:30p Birthday Lunch – Cake & Ice Cream Dine-In Only Beef Stroganoff, Asparagus, Italian Blend Vegetables, Kiwi	27 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Turkey Gravy, Peas and Onions, Pear	28 11:30a-12:30p Lunch Chicken Stew with Biscuit, Brussels Sprouts, Pear	29 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple

July 2022 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Note: Every Sunday at 8pm – Diamond Dancers meet at the New Senior Center on M72 East.	Don't forget to check out our Diamond Dancers in this month's parades! July 4 th Parade – 11am July 30 th – AuSable River Festival Parade – 4pm			1 1pm Pantry Bingo – Lawndale
4 CLOSED 4th of July 11am – July 4 th Parade Downtown Grayling	5 9-11am Pickleball –M72 9am-4pm Friends of a Feather 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 8pm – Diamond Dancers – M72	6 8:30am – Loop It 9-11am Pickleball –M72 10am Geri-Fit M72 8:30am - LoopIt 9:30-10:30am Commodities – St. Mary's Church 1pm Wii Bowling – Lawndale 1pm – Mahjong	7 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 3pm – Medicine Shoppe Bingo - Lawndale 8pm – Diamond Dancers – M72	8 8:30am – LoopIt – Senior Center Loop 1pm Pantry Bingo – Lawndale
11 9-11am Pickleball –M72 10am Geri-Fit M72 10am – Craft & Chat – Lawndale 1-3p Paint Class - Lawndale 11am Chair Yoga – M72	12 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba –M72 1pm – Euchre – Lawndale 8pm – Diamond Dancers – M72	13 8:30am – Loop It 9-11am Pickleball –M72 10am Geri-Fit M72 11am Alzheimer's Support Grp. @ The Brook of Grayling 12:30pm Kayaking Group – Penrod's 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale 1pm – Senior Project Fresh – M72	14 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 1pm – Wii Traveling Teams - Kalkaska 8pm – Diamond Dancers – M72	15 8:30am – LoopIt – Hanson Hills Loop 10am – Sound Healing & Meditation – Lawndale 10am-4pm Vaccine Clinic – M72 1pm Pantry Bingo – Lawndale
18 9-11am – Pickleball -M72 10am Geri-Fit M72 10am – Craft & Chat – Lawndale 11am Chair Yoga -M72	19 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba – M72 1pm – Euchre – Lawndale 4:30pm – Board Meeting – Lawndale 8pm – Diamond Dancers – M72	20 8:30am – Loop It 9-11am Pickleball –M72 10am Geri-Fit M72 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale	21 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 11:30-1pm Chicken BBQ Luncheon 2pm Penny Bingo – Lawndale 8pm – Diamond Dancers – M72	22 8:30am – LoopIt - Bike Path Loop 1pm Pantry Bingo – Lawndale
25 9-11am – Pickleball –M72 10am Geri-Fit M72 10am – Craft & Chat – Lawndale 12-4pm Foot Clinic – Appt. Req. – Lawndale 11am Chair Yoga – M72	26 9-11am Pickleball –M72 10am Bible Study – Lawndale 10am Zumba –M72 11:30-12:30 Birthday Lunch 1pm – Euchre – Lawndale 8pm – Diamond Dancers – M72	27 8:30am – Loop It 9-11am Pickleball –M72 10am Geri-Fit M72 1pm Wii Bowling – Lawndale 1pm – Mahjong – Lawndale 1pm – Senior Project Fresh – M72 4pm – New to Medicare - ZOOM	28 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 8pm – Diamond Dancers – M72	29 8:30am – LoopIt - Hospital Loop 1pm Pantry Bingo – Lawndale