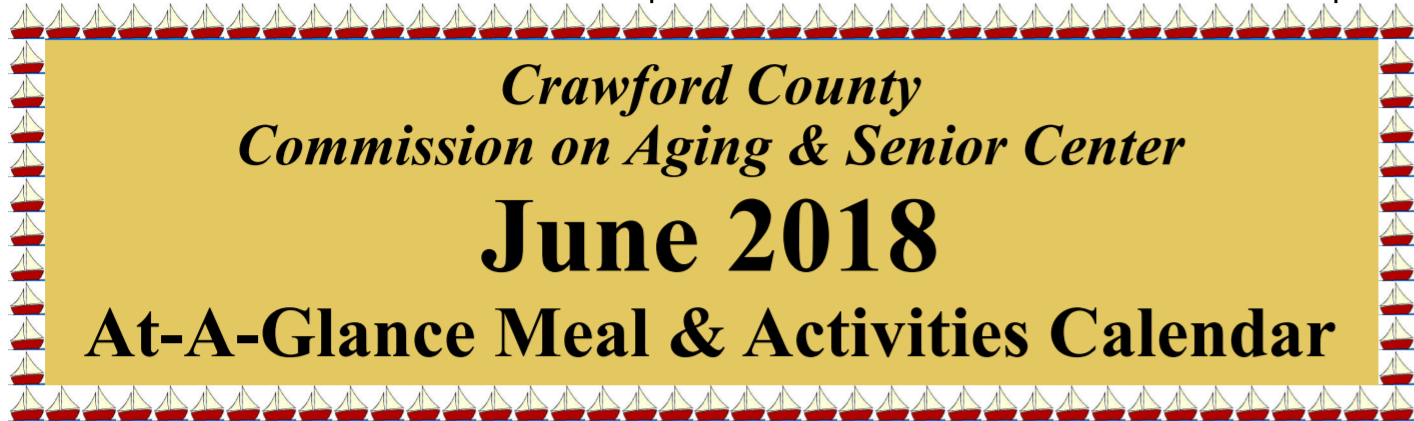



Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean & Ham</i>	FRIDAY <i>Chili</i>	Sat
				<div style="border: 1px dashed black; padding: 5px;"> <p>Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p>Must be a first time meal.</p>  </div>	<p>1 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group</p> <p>11:30am-12:30pm Lunch – Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce</p> <p>1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab</p> <p>1pm Pool – 9 Ball</p>	<p>2 Garden Work Day 9am-12pm</p>
3	<p>4 10am Flower Arrangement Class</p> <p>11:30am-12:30pm Lunch – Breaded Cod, Red Skin Potatoes, Prince Charles Veggie Blend, Fresh Apple</p> <p>12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging</p> <p>4:30-5:30pm Dinner – Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange</p>	<p>5 10am Bible Study 10am Zumba Gold</p> <p>11:30am-12:30pm Lunch - Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana</p> <p>1pm Euchre</p> <p>4:30-5:30pm Blood Press/Sugar Checks</p> <p>4:30-5:30pm Dinner – BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots</p> <p>5:45pm Cowboy Party</p>	<p>6 9:30am Commodities @ St. Mary's 9am Walk w/Ease Grayling City Hall</p> <p>10am Crafting</p> <p>11:30am-12:30pm Lunch – Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt</p> <p>1-4pm Smart911 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's</p> <p>4:30-5:30pm Dinner – Beef Pot Roast, Boiled Potato, Green Beans, Fresh Apple</p>	<p>7 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise</p> <p>11:30-12:30pm Lunch – Meatloaf, Baked Potato, Broccoli, Strawberries</p> <p>1pm Wii with Manton 1pm Penny Bingo</p> <p>4:30-5:30pm Dinner – Beef Enchilada, Corn, Peaches</p> <p>5:45pm Concert; Howard Taylor</p>	<p>8 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks</p> <p>11:30am-12:30pm Lunch – Baked Ham, Baked Sweet Potato, Green Beans, Applesauce</p> <p>12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab</p> <p>1pm Pool – 9 Ball</p>	<p>9 Community Garden Grand Reopening 10am</p>
10	<p>11 10am Flower Arrangement Class</p> <p>11:30am-12:30pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Grapes</p> <p>12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging</p> <p>4:30-5:30pm Dinner – Liver & Onions, Boiled Potato, Fried Cabbage w/Bacon, Parisian Carrots, Fruit Cocktail</p>	<p>12 9am COA Free B-Fast Pres. 10am Bible Study</p> <p>10am Zumba Gold</p> <p>11:30am-12:30pm Lunch – Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Pineapple</p> <p>1pm Euchre</p> <p>1-6pm Blood Drive 4:30-5:30pm Blood Press/Sugar Checks</p> <p>4:30-5:30pm Dinner – Beef Pot Pie, Brussels Sprouts, Burst O' Berries, Banana,</p>	<p>13 9am Walk w/Ease Grayling City Hall</p> <p>10am Crafting</p> <p>11:30am-12:30pm Lunch – Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange</p> <p>1pm-4pm DHHS Assistance 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's</p> <p>4:30-5:30pm Dinner – BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear</p>	<p>14 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise</p> <p>11:30am-12:30pm Lunch – Taco Salad, Refried Beans, Corn, Mandarin Oranges</p> <p>1pm Penny Bingo</p> <p>4:30-5:30pm Dinner – Pork Chop Supreme, Red Potato, Brussels Sprouts, Tossed Salad, Applesauce</p> <p>CANCELLED: Tapping Workshop</p>	<p>15 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks</p> <p>11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Fresh Apple</p> <p>12pm Lovells Satellite 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab</p> <p>1pm Pool – 9 Ball</p>	<p>16 Hazardous Waste & Scrap Tire Collection at the Co. Court House Parking Lot: 9am-2pm</p>
17	<p>18 10am Flower Arrangement Class</p> <p>11:30am-12:30pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce</p> <p>12:30pm Beginning Clogging 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging</p> <p>4:30-5:30pm Dinner – Cranberry Chicken, Baked Potato, Peas & Carrots, Plums</p>	<p>19 10am Bible Study 10am Zumba Gold</p> <p>11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch – Hamburger, Corn, Sweet Potato Fries, Burst O' Berries</p> <p>1pm Euchre</p> <p>4:30-5:30pm Blood Press/Sugar Checks</p> <p>4:30-5:30pm Dinner – Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Fresh Apple</p> <p>5:45pm Sorenson-Lockwood Seminar</p>	<p>20 10am Crafting</p> <p>11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Chicken Stir Fry w/Brown Rice, Green Beans, Fresh Orange</p> <p>1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's</p> <p>4:30-5:30pm Dinner – Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries</p>	<p>21 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise</p> <p>11:30am-12:30pm Lunch – Fish Sandwich, Cauliflower, Peas & Carrots, Fresh Apple</p> <p>1pm Wii at Kalkaska 1pm Penny Bingo</p> <p>4pm-6pm Father's Day Dinner – BBQ Ribs, Country Baked Beans, Ramen Noodle Salad, Watermelon, Cherry Pie</p>	<p>22 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks</p> <p>11:30am-12:30pm Lunch – Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Banana</p> <p>1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab</p> <p>1pm Pool – 9 Ball</p>	23
24	<p>25 10am Flower Arrangement Class</p> <p>11:30am-12:30pm Lunch – Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Fresh Apple</p> <p>12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging</p> <p>4:30-5:30pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes</p>	<p>26 10am Bible Study 10am Zumba Gold</p> <p>11:30am-12:30pm Lunch – Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Fruit Cocktail</p> <p>1pm Euchre</p> <p>4:30-5:30pm Blood Press/Sugar Checks</p> <p>4:30-5:30pm Dinner – Celebrating Birthdays at 5pm Chicken & Mushroom Orecchiette, Broccoli, Mixed Vegetables, Peaches, Cake & Ice Cream</p> <p>5:45pm Cornhole</p>	<p>27 10am Crafting</p> <p>11:30-12:30pm Lunch - Pork Roast, Green Beans, Baked Potato, Fresh Pear,</p> <p>1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling</p> <p>1-4pm Legal Assist-Appt. Required 2:30pm Unlucky 7's</p> <p>4:30-5:30pm Dinner – Beef Taco, Corn, Refried Beans, Pineapple</p>	<p>28 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise</p> <p>11:30am-12:30pm Lunch – Beef Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes</p> <p>1pm Penny Bingo 3pm Medicine Shoppe Bingo</p> <p>3:30pm Foodie Group 4:30-5:30pm Dinner – French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries</p> <p>6pm Chair Yoga</p>	<p>29 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks</p> <p>11:30am-12:30pm Lunch – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange</p> <p>1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab</p> <p>1pm Pool – 9 Ball</p>	30