Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
2	10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch — Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi, Bread 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner — BBQ Chicken, Parsley Potatoes, Carrots, Grapes, Bread	9am Walk w/ Ease 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch — Taco Salad, Pinto Beans, Broccoli, Apricots 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner — Chicken Alfredo Fettuccine, Sugar Snap Peas, Broccoli, Strawberries, Bread 5:30pm Water Aerobics GraylingSuper8	9:30am Commodities @ St. Mary's 10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch — Roasted Hot Turkey, Mashed Potatoes w/Gravy, Peas & Onions, Pear 1pm Walk in the Woods 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner — Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	9am Walk w/ Ease 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch — Ravioli Squares, Tossed Salad, Italian Blend, Grapes 1pm Penny Bingo 4:30-5:30pm Dinner — Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 5:45pm Cornhole 6pm Chair Yoga w/ Nicole	9am Walk w/ Ease 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch — Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 1pm Pantry Bingo 1pm Pool — 9 Ball	8
9	10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch — Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner — Swiss Steak, Mashed Potatoes, Italian Blend, Banana	9am Walk w/ Ease 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch – Breaded Fish Fillet Sandwich, Asparagus, Pear 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Fajita, Green Beans, Tossed Salad, Apple 5:30pm Water Aerobics GraylingSuper8	10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch — Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 1pm Walk in the Woods 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner — Meatloaf, Mashed Potatoes w/Gravy, Broccoli, Strawberries	9am Walk w/ Ease 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch — Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm Penny Bingo 1pm Wii Grayling @ Bellaire 4-6pm Father's Day Dinner — BBQ Ribs, Corn Cobbettes, Garlic Red Skin Potatoes, Watermelon, Lemon Meringue Pie	9am Walk w/ Ease 10am Pinochle 10am Equipped to be Fit 10:30am Out to Lunch Bunch 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch — Breaded Chicken Fillet, Redskin Potatoes, Brussel Sprouts, Orange 12pm Frederic Satellite 1pm Pantry Bingo 1pm Pool — 9 Ball	9am/12pmGeat Gayling Gearup © &Hezardous Weste Disposal
16	10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch — Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner — Beef Stew, Brussels Sprouts, Tossed Salad, Strawberries	9am Walk w/ Ease 10am Bible Study 10am Zumba Gold 11:30am-12:30pm Lunch — BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Birthday Dinner — Spaghetti & Meatballs, Breadstick, Broccoli, Grapes, Ice Cream & Cake	19 Mediterranean Chicken Wrap 10am Water Aerobics Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – Pork with Kraut, Green Beans, Applesauce 1pm Walk in the Woods 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 4:30-5:30pm Dinner – Chicken Taco, Corn, Pinto Beans, Apple	9am Walk w/ Ease 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch — French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 12-5pm Blood Drive 1-4pm Legal Assist-Appt. Required 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner Beef Tips, Brown Rice, Asparagus, Applesauce 5:45pm Financial Safety for Seniors 5:45pm Cornhole	9am Walk w/ Ease 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch — Pork Roast, Baked Potato, Green Beans, Pear 1pm Pantry Bingo 1pm Pool — 9 Ball	All Day Relay for Life N 10am 12pm Shred Day
23	10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch — Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 1pm Bridge Club 1:30pm Clogging 4:30-5:30pm Dinner — Chicken Patty Sandwich, Green Beans, Cole Slaw, Pineapple Chunks *Last Monday Dinner*	25 Roast Beef & Cheese Wrap 9am Walk w/ Ease 9am Breakfast Pres Firewise 10am Bible Study 10am Zumba Gold 11am Kirtland's Warbler Tour @H Pines 11:30am-12:30pm Lunch — Stuffed Peppers, Broccoli, Grapes 1pm Euchre 1pm Gentle Yoga 2:30pm Line Dancing 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner — Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi Fruit 5:30pm Water Aerobics GraylingSuper8	26 Tuna Salad Wrap 10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch — Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1pm Walk in the Woods 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1-4pm MDHHS Appointments 2:30pm Unlucky 7's 4:30-5:30pm Dinner — Beef Enchilada, Brown Rice, Corn, Pear	27 Chicken Salad Pita 9am Walk w/ Ease 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch — Sweet and Sour Meatballs, Brown Rice, Peas and Carrots, Kiwi 1pm Penny Bingo 1pm Wii Grayling at St. Helen 4:30-5:30pm Dinner — Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30pm Paint Party @ Nature Center 5:45pm Home & Personal Safety Pres. 6pm Chair Yoga w/ Dianne	9am Walk w/ Ease 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch — Steak Salisbury, Mashed Potato, Mushroom Gravy, Brussels Sprouts, Grapes 12pm Lovells Satellite 1pm Pantry Bingo 1pm Pool — 9 Ball	29
30	Crawford Commission on Agin June At-A-Glance Meal &	d County ng & Senior Center 2019	Join us for lunch or dinner with a birthday cake! know you're coming. <i>Invite</i> If your birthday falls o make arrangements	con your birthday and we'll help you celebrate Call us at 348-7123 before the meal to let us e your friends & family to share your cake! on a day we are closed, we would be happy to sto celebrate your birthday on a different day!	COA Accepts Credit Cards WE ACCEPT With donations & or payments of \$25.00 or more.	