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| **June 2025 – Meal Calendar** | | | | |  | | **June 2025 – Activities Calendar** | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |  | **MONDAY** | | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 2  **8:30a-9:30a Breakfast**  Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend  **11:30a-12:30p Lunch**  A blue sign with white text  AI-generated content may be incorrect.Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Banana  Tom & Janet Gaffke | 3  **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 | 4  **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  A blue sign with white text  AI-generated content may be incorrect.Grayling Eagles #3465 | 5  **8:30a-9:30a Breakfast**  Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie  **11:30a-12:30p Lunch**  Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Four Berries Blend | 6  **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 |  | **2**  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | **3**  **9a Friends of a Feather Quilting Group**  9a Zumba Gold A  10a Zumba Gold B  12:30p Euchre | **4**  8:30a Blood Pressure Checks  10a Silver Sneakers  **10a Walk in the Woods @ Wakeley Lake**  12:30p Mahjong  **3:00p Geri-Fit** | **5**  9a Zumba Gold A  10a Zumba Gold B  1p Penny Bingo  3p Grayling Pharmacy Bingo | **6**  10:30a Bible Study  10:45a Fit for the Aging  1p Pantry Bingo  **3:00p Geri-Fit** |
| 9  **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 | 10  **8:30a-9:30a Breakfast**  English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend  **11:30a-12:30p Lunch**  Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple Chunks  ***Healthy Snack Taste Test with Lunch*** | 11  **8:30a-9:30a Breakfast**  Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie  **11:30a-12:30p Lunch**  A blue sign with white text  AI-generated content may be incorrect.Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots  Lawrence Stephan, Angie and Kevon Miller and Carrie and Hank Saylor in honor of Mary Lee Phelps. | 12 NO BREAKFAST  **11:30a-12:30p Lunch**  Lasagna, Mixed Vegetables, Red Grapes  **Father’s Day Special Dinner 4:00p – 6:00 pm**  BBQ Ribs, Loaded Potato Salad, Cole Slaw, and Strawberry Rhubarb Pie | 13  **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 |  | **9**  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | **10**  **9a-2p Housing Counseling**  9a Zumba Gold A  10a Zumba Gold B  **11:30a-12:30p Taste Test**  12:30p Euchre | **11**  8:30a Blood Pressure Checks  10a Silver Sneakers  **10a Walk in the Woods @ North Higgins Lake State Park**  12:30p Mahjong | **12**  **8a Mackinac Island Trip**  9a Zumba Gold A  10a Zumba Gold B  1p Penny Bingo  **4p-6p Father’s Day Special Dinner** | **13**  10:30a Bible Study  10:45a Fit for the Aging  1p Pantry Bingo  **SATURDAY**  **14**  **10a-12p Shred Day @ The County Building** |
| 16  **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 | 17  **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 | 18  **8:30a-9:30a Breakfast**  Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie  **11:30a-12:30p Lunch**  A blue sign with white text  AI-generated content may be incorrect.Hamburger Stroganoff, Green Beans, Fresh Orange  MATES Employees Association | 19  **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  ***Backyard Party*** | 20  **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 |  | **16**  10a Silver Sneakers  **10a-2:30p AARP Driver’s Safety Course**  1-4p Chess Club  2-3p Diamond Art Club | | **17**  9a Zumba Gold A  **9a-11:30a Huron Pines Volunteer Day**  10a Zumba Gold B  12:30p Euchre  **4:30p COA Board Meeting** | **18**  8:30a Blood Pressure Checks  10a Silver Sneakers  **10a-2:30p AARP Driver’s Safety Course**  **10a Walk in the Woods @ Bright and Glory Lakes**  **11a New to Medicare**  **11a Alzheimer’s Support @ the Brook**  12:30p Mahjong | **19**  9a Zumba Gold A  10a Zumba Gold B  **10:30a-12:30p Backyard Party (Outside Weather Permitting)**  1p Penny Bingo  **1p Legal Assistance** | **20**  10:30a Bible Study  10:45a Fit for the Aging  1p Pantry Bingo |
| 23  **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 | 24  **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 | 25  **8:30a-9:30a Breakfast**  Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie  **11:30a-12:30p Lunch**  Pork Roast, Red Grapes, Baked Potato, Green Beans | 26  **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 | 27  **8:30a-9:30a Breakfast**  Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie  **11:30a-12:30p Lunch**  Cheese Ravioli, Asparagus, Italian Blend, Red Grapes |  | **23**  **9a-4:30p Footcare**  10a Silver Sneakers  **10a-3p SOS Mobile Office Visit**  1-4p Chess Club  2-3p Diamond Art Club  **6p-7p Straight Forward Bluegrass Band Concert** | | **24**  9a Zumba Gold A  10a Zumba Gold B  12:30p Euchre | **25**  8:30a Blood Pressure Checks  10a Silver Sneakers  **10:30a Water Aerobics @ The Super 8**  **10a Walk in the Woods @ Hanson Hills**  12:30p Mahjong  **2p-4p Commodities** | **26**  9a Zumba Gold A  10a Zumba Gold B  1p Penny Bingo  **11:30a Birthday Lunch**  **3p Neighborhood Connect @ Grayling High School** | **27**  10:30a Bible Study  10:45a Fit for the Aging  1p Pantry Bingo |
| 30  **8:30a-9:30a Breakfast**  Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend  **11:30a-12:30p Lunch**  Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear |  |  |  |  |  | **30**  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | |  |  |  |  |
| **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 |  |  | |  |  |  |  |