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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, BananaTom & 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, OrangeA 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 Sneakers1-4p Chess Club2-3p Diamond Art Club | **3****9a Friends of a Feather Quilting Group**9a Zumba Gold A10a Zumba Gold B12:30p Euchre | **4**8:30a Blood Pressure Checks10a Silver Sneakers**10a Walk in the Woods @ Wakeley Lake**12:30p Mahjong**3:00p Geri-Fit** | **5**9a Zumba Gold A10a Zumba Gold B1p Penny Bingo3p Grayling Pharmacy Bingo | **6**10:30a Bible Study10:45a Fit for the Aging1p 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 Sneakers1-4p Chess Club2-3p Diamond Art Club | **10****9a-2p Housing Counseling**9a Zumba Gold A10a Zumba Gold B**11:30a-12:30p Taste Test**12:30p Euchre | **11**8:30a Blood Pressure Checks10a Silver Sneakers**10a Walk in the Woods @ North Higgins Lake State Park**12:30p Mahjong | **12****8a Mackinac Island Trip**9a Zumba Gold A10a Zumba Gold B1p Penny Bingo**4p-6p Father’s Day Special Dinner** | **13**10:30a Bible Study10:45a Fit for the Aging1p 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 Club2-3p Diamond Art Club | **17**9a Zumba Gold A**9a-11:30a Huron Pines Volunteer Day**10a Zumba Gold B12:30p Euchre**4:30p COA Board Meeting** | **18**8:30a Blood Pressure Checks10a 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 A10a Zumba Gold B**10:30a-12:30p Backyard Party (Outside Weather Permitting)**1p Penny Bingo**1p Legal Assistance** | **20**10:30a Bible Study10:45a Fit for the Aging1p 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 Club2-3p Diamond Art Club**6p-7p Straight Forward Bluegrass Band Concert** | **24**9a Zumba Gold A10a Zumba Gold B12:30p Euchre | **25**8:30a Blood Pressure Checks10a 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 A10a Zumba Gold B1p Penny Bingo**11:30a Birthday Lunch****3p Neighborhood Connect @ Grayling High School** | **27**10:30a Bible Study10:45a Fit for the Aging1p 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 Sneakers1-4p Chess Club2-3p 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 |  |  |  |  |  |  |