

## June 2026 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> Chicken Drumsticks, Mashed Potatoes with Gravy, Baked Beans, Banana 	<b>2</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie  <b>11:30a-12:30p Lunch</b> Spaghetti and Meatballs, Italian Blend Vegetables, Breadstick, Apple	<b>3</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	<b>4</b> <b>8:30a-9:30a Breakfast</b> Belgian Waffles, Two Sausage patties, Strawberries, Strawnana Smoothie  <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes and Gravy, Brussels Sprouts, Apple	<b>5</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Pepper Steak, Fried Rice, Stir Fry Vegetable, Kiwi   Our Hometown Hero for June 5 <sup>th</sup> is donated by <b>Tim &amp; Suzy Swedine in Memory of Carl &amp; Shirley Swedine</b>
<b>8</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi 	<b>9</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Lunch</b> Lasagna, Mixed Vegetables, Orange	<b>10</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges	<b>11</b> <b>8:30a-9:30a Breakfast</b> Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie <b>11:30a-12:30p Lunch</b> Sweet and Sour Meatballs, Rice, Stir Fry Vegetables, Pineapple Chunks	<b>12</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Pear  Our Hometown Hero for June 12 <sup>th</sup> is donated by <b>Keith Radwanski &amp; Erin Fanning in memory of Kevin &amp; John Radwanski</b>
<b>15</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> Beef Pot Roast in Gravy, Mashed Potatoes, Baby Carrots, Roll, Banana 	<b>16</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Lunch</b> Western Omelet, Redskin Potatoes, Berry Vanilla Yogurt Bowl 	<b>17</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Orange Chicken, Stir Fry Vegetables, Fried Rice, Banana 	<b>18</b> <b>11:30a-12:30p Lunch</b> Chicken Enchiladas, Corn and Black Bean Fiesta, Brown Spanish Rice, Applesauce <b>4:00p-6:00p Father's Day Special Dinner</b> Pot Roast in Gravy, Horseradish Sauce, Redskin Mashed Potatoes, Broccoli & Cauliflower Blend, Roll, Strawberry Rhubarb Pie	<b>19</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Sloppy Joe, Red Skin Potatoes, Green Beans, Apple 
<b>22</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> Chicken Alfredo, Sugar Snap Peas, Broccoli, Orange	<b>23</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Birthday Lunch</b> Parmesan Fish, Brown Rice, Princes Charles Vegetables, Pear	<b>24</b> <b>8:30a-9:30a Breakfast</b> Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie <b>11:30a-12:30p Lunch</b> Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Banana, Fortune Cookie 	<b>25</b> <b>8:30a-9:30a Breakfast</b> Belgian Waffles, Two Sausage patties, Strawberries, Strawnana Smoothie <b>11:30a-12:30p</b> BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes	<b>26</b> <b>8:30a-9:30a Breakfast</b> Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie <b>11:30a-12:30p Lunch</b> Roast Turkey, Poultry Gravy, Redskin Potatoes, Asparagus, Apple 
<b>29</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie <b>11:30a-12:30p Lunch</b> Lemon Baked Fish, Baked Potato, Green Beans, Pear   Bob Gerring is our Hometown Hero for June 29 <sup>th</sup> in memory of his wife Patricia Gerring and son Patrick Gerring.	<b>30</b> <b>8:30a-9:30a Breakfast</b> Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie <b>11:30a-12:30p Lunch</b> Italian Stuffed Peppers, Roll, Corn, Red Grapes 			
<b>Light Bites – Dine in Only</b> <b>NEW!</b> Ham & Cheese Sub, Cole Slaw, Banana	<b>Light Bites – Dine in Only</b> <b>NEW!</b> Pierogi, Fried Cabbage with Bacon, Roll, Pear	<b>Light Bites – Dine in Only</b> <b>NEW!</b> Turkey Sub, Tri-Tortellini Salad, Banana	<b>Light Bites – Dine in Only</b> Mojo Chicken Bowl, Mandarin Oranges	<b>Light Bites – Dine in Only</b> BBQ Chicken Flat Bread, Garden Salad, Banana

## June 2026 - Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10a Silver Sneakers <b>10:30a Virtual Senior Center</b> 1p Chess Club 2p Diamond Art Club	<b>2</b> <b>9a Friends of a Feather Quilting Group</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold 12:30p Euchre	<b>3</b> 8:30a Blood Pressure Checks <b>9a AuSable Quilt Guild</b> 10a Silver Sneakers <b>10a Walk in the Woods @ Markey Township Park</b> 12:30p Mahjong 12:30p Wii Bowling <b>3p Geri-Fit</b>	<b>4</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold 1p Penny Bingo <b>3:30p Grayling Pharmacy Bingo</b>	<b>5</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo <b>1p Geri-Fit*</b>
<b>8</b> 10a Silver Sneakers <b>10a-2:30p AARP Driver's Safety</b> <b>10:30a Virtual Senior Center</b> 1p Chess Club 2p Diamond Art Club	<b>9</b> 9a Zumba Gold <b>10a Grief Group</b> <b>10a Housing Education Presentation</b> 10a Water Aerobics 10a Zumba Gold 12:30p Euchre <b>1p Cancer Support Group</b>	<b>10</b> 8:30a Blood Pressure Checks 9a Voter Education Event <b>10a Walk in the Woods @ North Higgins Lake</b> <b>10a-2:30p AARP Driver's Safety</b> 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	<b>11</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold 1p Penny Bingo <b>3p Music for Life</b>	<b>12</b> <b>10:00a Painting Class with Lynn Oldfield - \$15.00</b> 10:30a Bible Study 10:45a Fit for the Aging <b>12:30p Flower Arranging Class</b> 1p Pantry Bingo <hr/> <b>13</b> <b>9a-1p Crawford County Clean Out &amp; Shred Day!</b>
<b>15</b> <b>9a Mi Options Presentation</b> 10a Silver Sneakers <b>10:30a Virtual Senior Center</b> 1p Chess Club 2p Diamond Art Club	<b>16</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold <b>12p Drug Takeback Presentation</b> 12:30p Euchre	<b>17</b> 8:30a Blood Pressure Checks <b>9a Abby Moore Book Signing</b> <b>10a Walk in the Woods @ Kirtland Bike Trail</b> <b>11a Alzheimer's Support Group @ the Brook</b> <b>11a New to Medicare</b> 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling	<b>18</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold <b>1p Legal Advice</b> 1p Penny Bingo <b>4p Father's Day Special Dinner</b>	<b>19</b> 10:30a Bible Study 10:45a Fit for the Aging <b>12:30p Flower Arranging Class</b> 1p Pantry Bingo <b>1p Juneteenth Celebration</b>
<b>22</b> 9a Footcare 10a Silver Sneakers <b>10:30a Virtual Senior Center</b> 1p Chess Club 2p Diamond Art Club	<b>23</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold <b>12p Birthday Lunch</b> 12:30p Euchre	<b>24</b> 8:30a Blood Pressure Checks <b>10a Book Club</b> <b>10a Walk in the Woods @ Hartwick Pines State Park</b> 10a Silver Sneakers 12:30p Mahjong 12:30p Wii Bowling <b>1p Commodities</b>	<b>25</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold <b>12p Staff Training</b> 1p Penny Bingo	<b>26</b> 10:30a Bible Study 10:45a Fit for the Aging <b>12:30p Flower Arranging Class</b> 1p Pantry Bingo <b>3p Music for Life</b>
<b>29</b> 10a Silver Sneakers <b>10:30a Virtual Senior Center</b> 1p Chess Club 2p Diamond Art Club	<b>30</b> 9a Zumba Gold 10a Water Aerobics 10a Zumba Gold 12:30p Euchre			