

| 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 |
|-------------------------------------|---|---|---|---|---|-----------|
| |  <p>March 2018</p> <p>At-A-Glance Meal & Activities Calendar</p> | | <p>Free Congregate Meal</p> <p>For Seniors 60+</p> <p>Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p><i>Must be a first time meal.</i></p>  | <p>1</p> <p>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 1:30pm Bible Study</p> <p>4:30-5:30pm Dinner - Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce</p> | <p>2</p> <p>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, Pineapple</p> <p>1pm Pantry Bingo 1pm Pool – 9 Ball</p> | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | <p>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 1pm Bridge Club 1:30pm Clogging</p> <p>4:30-5:30pm Dinner – Beef Stew, Biscuit, Tossed Salad, Asparagus, Grapes</p> | <p>10am Bible Study 10am Zumba Gold</p> <p>11:30am-12:30pm Lunch – Hamburger, Peas & Carrots, 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, Applesauce</p> <p>6pm Hawaiian Party</p> | <p>9:30am Commodities @ St. Mary's</p> <p>10am Crafting 10am Line Dancing</p> <p>11:30am-12:30pm Lunch – Chicken Stir Fry w/Brown Rice, Pineapple Chunks, 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>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 Manton 1pm Penny Bingo 1:30pm Bible Study</p> <p>4:30-5:30pm Dinner – Cranberry Chicken, Baked Potato, Peas & Carrots, Plums</p> <p>5:30pm Honoring Bernie Fowler, the Fisherman, River Guide, Paddler</p> | <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks</p> <p>12pm Frederic Satellite</p> <p>11:30am-12:30pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches</p> <p>1pm Pantry Bingo 1pm Pool – 9 Ball</p> | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Spring Forward; Change Your Clocks! | <p>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>10am Bible Study 10am Zumba Gold</p> <p>11:30-5pm Foot Clinic-Need Appt</p> <p>11:30am-12:30pm Lunch – Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries</p> <p>1pm Euchre 4:30-5:30pm Blood Press/Sugar Checks</p> <p>4:30-5:30pm Dinner – Pork Roast, Green Beans, Baked Potato, Fresh Pear</p> | <p>10am Crafting 10am Line Dancing</p> <p>11:30-12:30pm Lunch - Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes</p> <p>1pm-4pm DHHS Assistance</p> <p>1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's</p> <p>4:30-5:30pm Dinner – French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries</p> | <p>10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise</p> <p>11:30am-12:30pm Lunch – BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots</p> <p>1pm Penny Bingo 1:30pm Bible Study</p> <p>4-6pm St. Patrick's Dinner – Corned Beef & Cabbage, Boiled Potatoes, Carrot Coins w/Garlic Butter, Irish Fluff and Mint Brownies</p> | <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks</p> <p>12pm Lovells Satellite</p> <p>11:30am-12:30pm Lunch – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches</p> <p>1pm Pantry Bingo 1pm Pool – 9 Ball</p> | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | <p>10am Flower Arrangement Class</p> <p>11:30am-12:30pm Lunch – Pork with Kraut, Green Beans, Apricots</p> <p>12:30pm Beginning Clogging 1-4pm Hearing Clinic-Appt. Req'd</p> <p>1pm Bridge Club 1:30pm Clogging</p> <p>4:30-5:30pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries</p> | <p>9am Munson Free B-Fast Pres.</p> <p>10am Bible Study 10am Zumba Gold</p> <p>11:30am-12:30pm Lunch – Shepherd's Pie, Winter Blend Vegetable, Fresh Orange</p> <p>1pm Euchre 1-6pm Blood Drive</p> <p>4:30-5:30pm Blood Press/Sugar Checks</p> <p>4:30-5:30pm Dinner – Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries</p> <p>6pm COA Board Meeting</p> | <p>10am Crafting 10am Line Dancing</p> <p>11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St</p> <p>11:30am-12:30pm Lunch - Beef Tips & Noodles, Asparagus, Fresh Apple</p> <p>1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's</p> <p>4:30-5:30pm Dinner – Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail</p> | <p>10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise</p> <p>11:30am-12:30pm Lunch – Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear</p> <p>1pm Wii at Belle Oakes 1pm Penny Bingo 1:30pm Bible Study 3pm Medicine Shoppe Bingo</p> <p>4:30-5:30pm Dinner – Stuffed Peppers, Prince Charles Veg Blend, Apricots</p> <p>6pm – Daniel House in Concert</p> | <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks</p> <p>11:30am-12:30pm Lunch – Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce</p> <p>1pm Pantry Bingo 1pm Pool – 9 Ball</p> | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | <p>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>10am Bible Study 10am Zumba Gold</p> <p>11:30am-12:30pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries</p> <p>1pm Euchre 3:30pm Foodie Group Meeting</p> <p>4:30-5:30pm Blood Press/Sugar Checks</p> <p>4:30-5:30pm Dinner – Celebrating Birthdays at 5pm Beef Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes, Cake & Ice Cream</p> | <p>10am Crafting 10am Line Dancing</p> <p>11:30am-12:30pm Lunch – Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt</p> <p>1-4pm Legal Assist-Appt. Required</p> <p>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>10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise</p> <p>11:30-12:30pm Lunch – Smothered Pork, Broccoli, Carrots, Applesauce, Banana</p> <p>1pm Penny Bingo 1:30pm Bible Study</p> <p>4:30-5:30pm Dinner – Beef Enchilada, Corn, Peaches</p> <p>6pm Chair Yoga</p> | <p>OFFICE CLOSED</p> <p>Good Friday</p>  <p>HAPPY EASTER!</p> | |