

March 2020 ~ Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup, Red Grapes	3 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 4:30-5:30p Dinner Mediterranean Chicken, Sweet Potato, Green Beans, Grapes 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange	4 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Crispy Lemon Chicken, Mashed Potatoes, Peas, Watermelon 2nd Menu Option Chicken Salad Pita, Beef Barley Soup, Apple	5 11:30a-12:30p Lunch Lasagna, Tossed Salad, Apple, Breadstick 4:30-5:30pm Dinner Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	6 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
9 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	10 11:30-12:30 Lunch Beef Tips, Brown Rice, Asparagus, Applesauce 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Strawberries 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	11 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	12 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 4-6pm St. Patrick's Day Dinner Corned Beef & Cabbage, Parsley Boiled Potatoes, Ginger & Brown Sugar Glazed Carrots, Green Irish Fluff, Chocolate Mint Crème Pie 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	13 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear 2nd Menu Option Egg Salad Pita, Bean Soup, Banana
16 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup, Red Grapes	17 11:30a-12:30p Lunch Chicken Fajita, Green Beans, Tossed Salad, Apple 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange	18 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi 2nd Menu Option Chicken Salad Pita, Beef Barley Soup, Apple	19 11:30a-12:30p Lunch Hamburger, Green Beans, Tossed Salad, Burst O' Berries 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear 2nd Menu Option Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	20 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 2nd Menu Option Roast Beef Wrap, Minestrone Soup, Grapes
23 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 2nd Menu Option Roast Beef Wrap, Chicken Noodle Soup, Orange	24 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 4:30-5:30pm Dinner Taco Salad, Pinto Beans, Broccoli, Apricots 2nd Menu Option BLT Wrap, Vegetable Soup, Banana, Kiwi	25 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 2nd Menu Option Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	26 11:30a-12:30p Lunch Spaghetti & Meatballs, Tossed Salad, Grapes, Breadstick 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 2nd Menu Option Beef Pita, Beef Vegetable Soup, Grapes	27 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 2nd Menu Option Egg Salad Pita, Bean Soup, Banana
30 11:30-12:30 Lunch Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear 2nd Menu Option Chicken Caesar Wrap, Chicken Rice Soup, Red Grapes	31 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30p B-Day Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries, Cake & Ice Cream 2nd Menu Option Egg Salad Pita, Tomato Vegetable Soup, Orange	 <div> CLOSED The Commission on Aging & Senior Center will be closing on Tuesdays & Thursdays at 6pm in March. </div>		

March 2020 ~ Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1-2pm Walking Group @ Kirtland CC 1:30 Regular Clogging	3 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 1:30-3:30pm Matter of Balance @ Nature Center 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8 6pm Community Meeting @ Kirtland	4 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1:30-3:30pm Matter of Balance @ Nature Center 3:30-5pm Cooking for 1	5 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30a-5:30p Foot Clinic —Appt. Req. 1pm Penny Bingo	6 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1-2pm Walking Group @ Kirtland CC 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
9 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1-2pm Walking Group @ Kirtland CC 1:30 Regular Clogging	10 10am Bible Study 10am Zumba Gold NO Line Dancing 1pm Euchre 1pm Gentle Yoga 1:30-3:30pm Matter of Balance @ Nature Center 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	11 9:30am Commodities @ St. Mary's 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1:30-3:30pm Matter of Balance @ Nature Center 3:30-5pm Cooking for 1	12 10am Craft & Chat 10am Pokeno 10am Scrabblers 10am Stretch to Fitness 1pm Penny Bingo 4-6pm St. Patrick's Day Dinner	13 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
16 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1-2pm Walking @ Kirtland 1-4pm Hearing Clinic —Appt. Req'd 1pm Bridge Club 1:30 Regular Clogging	17 9am Breakfast Pres. 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 1:30-3:30pm Matter of Balance @ Nature Center 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8 6pm COA Board Mtg.	18 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook 1-3pm Smart 9-1-1 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1:30-3:30pm Matter of Balance @ Nature Center 3:30-5pm Cooking for 1 4-5pm Walking @ Elementary School	19 10am Craft & Chat 10am Pokeno 10am Scrabblers 10am Stretch to Fitness 1-4pm Legal Assistance 1pm Penny Bingo 2-7pm First Aid/CPR 3pm Medicine Shopee Bingo	20 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1-2pm Walking @ Kirtland 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
23 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1-2pm Walking @ Kirtland 1pm Bridge Club 1:30 Regular Clogging	24 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 1:30-3:30pm Matter of Balance @ Nature Center 4-6pm Tech Savvy Seniors 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	25 9:30-11am New to Medicare Seminar 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 1:30-3:30pm Matter of Balance @ Nature Center 3:30-5pm Cooking for 1 4-5pm Walking @ Elementary School	26 10am Craft & Chat 10am Pokeno 10am Scrabblers 10am Stretch to Fitness 1pm Wii Bowling w/ St. Helen & Kalkaska 1pm Penny Bingo 5pm Chair Yoga w/ Dianne	27 9am Civil War Donuts & Discussion 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1-2pm Walking @ Kirtland 1pm Pantry Bingo Sponsored by Grayling Nursing & Rehab 1pm Pool – 9 Ball
30 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1-2pm Walking @ Kirtland 1pm Bridge Club 1:30 Regular Clogging	31 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 2:30-4:30 Carrot Paint 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8 4:30pm B-Day Dinner	Activity/Event Cancellation/Refund Policy If a participant wishes to cancel an activity/event they can do so at any time. If the participant wishes to be refunded, they must cancel three or more business days prior to the activity/event. No refunds will be issued three business days prior to the activity/event. The participant has the option to either sell his or her activity/event to someone else or forfeit the cost of the activity/event. If the participant decides to sell their activity/event to someone else, the new participant needs to contact the Crawford County Commission on Aging to make the necessary changes.		