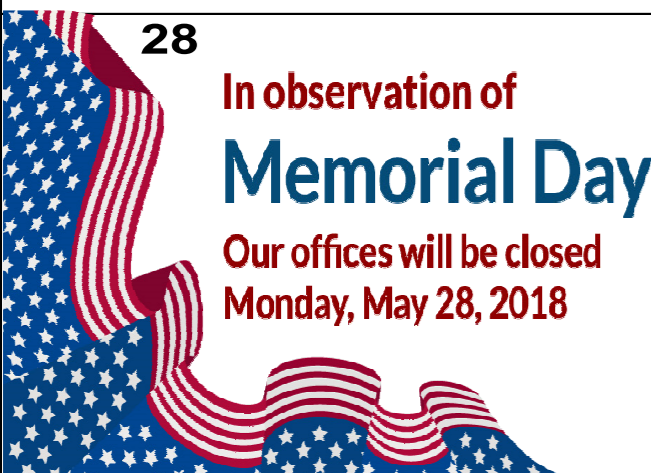


Sun	<b>MONDAY</b> <i>Cream of Broccoli</i>	<b>TUESDAY</b> <i>Potato</i>	<b>WEDNESDAY</b> <i>Cream of Mushroom</i>	<b>THURSDAY</b> <i>Navy Bean &amp; Ham</i>	<b>FRIDAY</b> <i>Chili</i>	Sat	
	<p><i>Crawford County Commission on Aging &amp; Senior Center</i></p> <h1 style="color: red;">May 2018</h1> <h2>At-A-Glance Meal &amp; Activities Calendar</h2>	<p><b>1</b></p> <p>10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch -</b> Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Euchre</p> <p>4:30-5:30pm Blood Press/Sugar Checks <b>4:30-5:30pm Dinner -</b> Beef Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes</p>	<p><b>2</b></p> <p>9:30am Commodities @ St. Mary's 10am Crafting 10am Line Dancing <b>11:30am-12:30pm Lunch -</b> Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner -</b> Beef Pot Roast, Boiled Potato, Green Beans, Fresh Apple</p>	<p><b>3</b></p> <p>9am-Stress Less Class @ MSUE 10am Crafting &amp; Color Craze 10am Pokeno 10am Golden Toners Exercise <b>11:30-12:30pm Lunch -</b> Meatloaf, Baked Potato, Broccoli, Strawberries 1pm Penny Bingo 12:30pm Bible Study <b>4:30-5:30pm Dinner -</b> Beef Enchilada, Corn, Peaches <b>6pm Mother's Day Party of USA &amp; Mexico</b></p>	<p><b>4</b></p> <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks <b>11:30am-12:30pm Lunch -</b> Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool - 9 Ball</p>	<b>5</b>	Free Food Distribution Mt. Hope Church 11am
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
	<p>10am Flower Arrangement Class <b>11:30am-12:30pm Lunch -</b> Roast Turkey, Mashed Potatoes w/Gravy, Peas &amp; Pearl Onions, Apricots 12:30pm Beginning Clogging 1pm Bridge Club <b>1-2:30 pm TEFAP @ American Legion</b> 1:30pm Clogging <b>4:30-5:30pm Dinner -</b> Liver &amp; Onions, Boiled Potato, Fried Cabbage w/Bacon, Parisian Carrots, Fruit Cocktail</p>	<p>10am Bible Study 10am Zumba Gold <b>11:30-6pm Foot Clinic-Need Appt</b> <b>11:30am-12:30pm Lunch -</b> Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>4:30-5:30pm Dinner -</b> Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana,</p>	<p>9am Walk w/Ease Grayling City Hall 10am Crafting 10am Line Dancing <b>11am Loopit Challenge Kick-off</b> <b>11:30am-12:30pm Lunch -</b> Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling <b>1pm-4pm DHHS Assistance</b> 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner -</b> BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear</p>	<p><b>10</b></p> <p>9am-Stress Less Class @ MSUE 10am Crafting &amp; Color Craze 10am Pokeno 10am Golden Toners Exercise <b>11:30am-12:30pm Lunch -</b> Fish Sandwich, Cauliflower, Peas &amp; Carrots, Fresh Apple 1pm Wii with Rapid City 1pm Penny Bingo 12:30pm Bible Study @ Burger King <b>4-6pm - Mother's Day Dinner -</b> Roast Beef, Au gratin Potatoes, Green Beans, Fresh Fruit Mix, Strawberry Shortcake</p>	<p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11:30am-12:30pm Blood Pressure Checks <b>12pm Frederic Satellite</b> <b>11:30am-12:30pm Lunch -</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool - 9 Ball</p>		
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	
	<p>10am Flower Arrangement Class <b>11:30am-12:30pm Lunch -</b> Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <b>4:30-5:30pm Dinner -</b> Cranberry Chicken, Baked Potato, Peas &amp; Carrots, Plums</p>	<p>9am Munson Free B-Fast Pres. 10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch -</b> Hamburger, Peas &amp; Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4:30-5:30pm Blood Press/Sugar Checks <b>4:30-5:30pm Dinner -</b> Beef Stew, Biscuit, Tossed Salad, Asparagus, Grapes <b>6pm COA Board Meeting</b></p>	<p>7:15am Older Michiganian Day 9am Walk w/Ease Grayling City Hall 10am Crafting 10am Line Dancing <b>11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St</b> <b>11:30am-12:30pm Lunch -</b> Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner -</b> Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries</p>	<p><b>17</b></p> <p>9am-Stress Less Class @ MSUE 10am Crafting &amp; Color Craze 10am Pokeno 10am Golden Toners Exercise <b>11:30am-12:30pm Lunch -</b> Taco Salad, Refried Beans, Corn, Mandarin Oranges 1pm Penny Bingo 12:30pm Bible Study 3pm Medicine Shoppe Bingo <b>4:30-5:30pm Dinner -</b> Western Omelet, Hashbrown Stix, Broccoli &amp; Cauliflower, Applesauce <b>6pm Garden Workshop</b> <b>6pm Chair Yoga</b></p>	<p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11:30am-12:30pm Blood Pressure Checks <b>12pm Lovells Satellite</b> <b>11:30am-12:30pm Lunch -</b> Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball</p>		
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
	<p>10am Flower Arrangement Class <b>11:30am-12:30pm Lunch -</b> Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 12:30pm Beginning Clogging <b>1-4pm Hearing Clinic-Appt. Req'd</b> 1pm Bridge Club 1:30pm Clogging <b>4:30-5:30pm Dinner -</b> Spaghetti &amp; Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes</p>	<p>10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch -</b> BBQ Pork Sandwich, Sweet Potato Fries, Peas &amp; Carrots, Apricots 1pm Euchre 4-5pm Blood Press/Sugar Checks <b>4:30-5:30pm Dinner -</b> <b>Celebrating Birthdays at 5pm</b> Pork Roast, Green Beans, Baked Potato, Fresh Pear, Cake &amp; Ice Cream <b>6pm Bicycle Workshop</b></p>	<p>9am Walk w/Ease Grayling City Hall 10am Crafting 10am Line Dancing <b>11:30-12:30pm Lunch -</b> Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling <b>1-4pm Legal Assist-Appt. Required</b> 2:30pm Unlucky 7's <b>3:30pm Foodie Group Meeting</b> <b>4:30-5:30pm Dinner -</b> Beef Taco, Corn, Refried Beans, Pineapple</p>	<p><b>24</b></p> <p>9am-Stress Less Class @ MSUE 10am Crafting &amp; Color Craze 10am Pokeno 10am Golden Toners Exercise <b>11:30am-12:30pm Lunch -</b> Sweet &amp; Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Orange 1pm Wii with Kalkaska 1pm Penny Bingo 12:30pm Bible Study @ Burger King <b>4:30-5:30pm Dinner -</b> French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries <b>6pm The Relics Concert</b></p>	<p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>11:30am-12:30pm Lunch -</b> Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool - 9 Ball</p>		
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<p><b>Free Congregate Meal</b> <b>For Seniors 60+</b> Commission on Aging &amp; Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p><b>Must be a first time meal.</b></p> 		
	 <p><b>In observation of Memorial Day</b> Our offices will be closed Monday, May 28, 2018</p>	<p>10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch -</b> Shepherd's Pie, Winter Blend Vegetable, Fresh Orange 1pm Euchre <b>2-7pm First Aid &amp; CPR Training</b> 4-5pm Blood Press/Sugar Checks <b>4:30-5:30pm Dinner -</b> Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries</p>	<p>9am Walk w/Ease Grayling City Hall 10am Crafting <b>11:30am-12:30pm Lunch -</b> Beef Tips &amp; Noodles, Asparagus, Fresh Apple 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner -</b> Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail</p>	<p>10am Crafting &amp; Color Craze 10am Pokeno 10am Golden Toners Exercise <b>11:30am-12:30pm Lunch -</b> Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear 1pm Penny Bingo 12:30pm Bible Study <b>4:30-5:30pm Dinner -</b> Stuffed Peppers, Prince Charles Veggie Blend, Apricots <b>6pm Library Presentation</b></p>			