

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			
	<div style="border: 1px solid black; padding: 10px;"> <p><i>Crawford County</i> <i>Commission on Aging & Senior Center</i></p> <h1>November 2017</h1> <h2>At-A-Glance Meal & Activities Calendar</h2> <p>*TEFAP date will be available November 1st by calling 989-358-4700</p> </div>					<p>1 9am-12pm Smart911 9:30am Commodities @ St. Mary's 10am Crafting 10am Line Dancing 12pm Lunch - Beef Tips & Noodles, Asparagus, Apple Slices 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail</p>	<p>2 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear 12:30pm Bible Study 1pm Penny Bingo 3pm Aerobic Drumming 5pm Dinner - Stuffed Peppers, Prince Charles Veggie Blend, Apricots</p>	<p>3 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Check 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo 1pm Pool - 9 Ball 5pm Shawono Dinner</p>	4
5	<p>6 10am Aerobic Drumming 10am Flower Arrangement Class 12pm Lunch - Breaded Cod, Red Skin Potatoes, Prince Charles Veggie Blend, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 5pm Dinner - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange</p>	<p>7 Wii Tournament in Bellaire 9am Munson Breakfast Pres. 10am Bible Study 10am Zumba Gold 12pm Lunch - Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Euchre 2pm NuStep Demonstration 4-5pm Blood Press/Sugar Checks 5pm Dinner - Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes 6pm NuStep Demonstration</p>	<p>8 10am Crafting 10am Line Dancing 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm-4pm DHHS Assistance 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - Beef Pot Roast, Boiled Potato, Green Beans, Apple Slices</p>	<p>9 Wii Tournament in Antrim County 10am Crafting 10am Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Meatloaf, Baked Potato, Broccoli, Strawberries 12:30pm Bible Study 1pm Penny Bingo 4-6pm Thanksgiving Dinner - Turkey, Mashed Potatoes with Gravy, Stuffing, Peas & Pearl Onions, Ambrosia Salad, Pumpkin Pie</p>	<p>10 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool - 9 Ball</p>	11			
12	<p>13 10am Aerobic Drumming 10am Flower Arrangement Class 12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 5pm Dinner - Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail</p>	<p>14 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear 6pm Identity Fraud & Theft</p>	<p>15 10am Crafting 10am Line Dancing 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Birthday Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana, Cake & Ice Cream</p>	<p>16 10am Crafting & 10am Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Taco Salad, Refried Beans, Corn, Mandarin Oranges 12:30pm Bible Study 1pm Penny Bingo 3pm Medicine Shoppe Bingo 3pm Aerobic Drumming 5pm Dinner - Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce</p>	<p>17 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool - 9 Ball</p>	18			
19	<p>20 10am Aerobic Drumming 10am Flower Arrangement Class 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 12:30pm Beginning Clogging 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30pm Clogging 5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums</p>	<p>21 10am Bible Study 10am Zumba Gold 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce 5:30pm - Scavenger Hunt</p>	<p>22 10am Crafting 10am Line Dancing 12pm Lunch - Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange 12:30-5pm Blood Drive 1-4pm Legal Assist-Appt. Required 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries</p>	<p>23</p> <p>Office Closed November 23rd & 24th for Thanksgiving Holiday</p>  <p>24</p>		25			
26	<p>27 10am Aerobic Drumming 10am Flower Arrangement Class 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes</p>	<p>28 10am Bible Study 10am Zumba Gold 12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear</p>	<p>29 10am Crafting 10am Line Dancing 12pm Lunch - Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner - French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries</p>	<p>30 10am Crafting & 10am Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 12:30pm Bible Study 1pm Penny Bingo 3pm Aerobic Drumming 5pm Dinner - Beef Taco, Corn, Refried Beans, Apricots 6pm Chair Yoga</p>	<div style="border: 1px dashed black; padding: 10px;"> <p>Free Congregate Meal For Seniors 60+ Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p>Located Behind Burger King</p> <p>Must be a first time meal.</p>  </div>				