

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
1	2 10am Pickleball @ Frederic Twp Hall 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	3 10am AARP Class/Free Methodist 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold 12pm Lunch – Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1-3pm Neck Msg Appt.Req'd 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner – Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes	4 9:30am Commodities @ St. Mary's 10am AARP Class/ Free Methodist 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 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	5 10am Pickleball @ Frederic Twp Hall 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch – Meatloaf, Baked Potato, Broccoli, Strawberries 12:30pm Bible Study 1pm Penny Bingo 3pm Aerobic Drumming 5pm Dinner - Beef Enchilada, Corn, Peaches 5:45pm Drug Interactions Pres. (p11)	6 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch – Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool – 9 Ball	7
8	9 10am Pickleball, Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class 12pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 5pm Dinner – Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail	10 9am Munson Breakfast Pres. 10am Pickleball, Frederic Twp Hall 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 - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana	11 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch – Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1-4pm Smart911 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Birthday Dinner – BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear, Cake & Ice Cream	12 10am Pickleball @ Frederic Twp Hall 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch Taco Salad, Refried Beans, Corn, Mandarin Oranges 12:30pm Bible Study 1pm Wii Bowling at Bellaire 1pm-4pm DHHS Assistance 1pm Penny Bingo 3pm Aerobic Drumming 5pm Dinner - Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce 5:45pm Estate Planning Scams (p16)	13 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch - Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 1pm Pantry Bingo 1pm Pool – 9 Ball	14
15	16 10am Pickleball, Frederic Twp Hall 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	17 10am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold 12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner – Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce	18 10am Pickleball, Frederic Twp Hall 10am Line Dancing 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch – Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner – Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	19 10am Pickleball, Frederic Twp Hall 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 12:30pm Bible Study 1pm Penny Bingo 4-6pm Harvest Dinner - Cornish Hens, Baked Sweet Potatoes, Roasted Green Beans w/Mushrooms, Cranberry Salad, Apple Pie	20 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange 1pm Pantry Bingo 1pm Pool – 9 Ball	21
22	23 10am Pickleball, Frederic Twp Hall 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	24 10am Pickleball, Frederic Twp Hall 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 - Beef Taco, Corn, Refried Beans, Apricots	25 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch - Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1-4pm Legal Assist-Appt. Required 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	26 10am Pickleball, Frederic Twp Hall 10am Crafting & Color Craze 10am Pokeno 10am Golden Toners Exercise 12pm Lunch – BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 12:30pm Bible Study 1pm Wii Bowling w/Kalkaska 1pm Penny Bingo 3pm Medicine Shoppe Bingo 3pm Aerobic Drumming 5pm Dinner – Pork Roast, Green Beans, Baked Potato, Fresh Pear 5:45pm – Ann Rowland Concert	27 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool – 9 Ball	28
29	30 9am Pickleball, Frederic Twp Hall 10am Aerobic Drumming 10am Flower Arrangement Class 12pm Lunch – Pork with Kraut, Green Beans, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 5pm Dinner - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries	31 9am Pickleball, Frederic Twp Hall 10am Bible Study 10am Zumba Gold 12pm Lunch – Shepards Pie, Winter Blend Vegetable, Fresh Orange 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner – Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries 5:00pm Halloween Party	 <p><i>Crawford County</i> <i>Commission on Aging & Senior Center</i> October 2017 At-A-Glance Meal & Activities Calendar</p>			<div style="border: 1px dashed black; padding: 10px;"> <p style="text-align: center;">Free Congregate Meal For Seniors 60+</p> <p style="text-align: center;">Commission on Aging & Senior Center 308 Lawndale, Grayling</p> <p style="text-align: center;">Located Behind Burger King</p> <p style="text-align: center;">Must be a first time meal.</p>  </div>