

# October 2021 - Meal Calendar

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**



Check out the menu below for updates! In addition to old favorites we have new meals like Pizza Casserole, Mac & Cheese, and Beef Goulash! We look forward to hearing your feedback about the new menu!

**1**  
11:30-12:30 Lunch  
Mediterranean Chicken Breast, Sweet Potatoes, Green Beans, Grapes

<b>4</b> 11:30-12:30 Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes	<b>5</b> 11:30-12:30 Lunch Chicken Fajita, Green Beans, Tossed w/Tomato, Apple 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Strawberries	<b>6</b> 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon	<b>7</b> 11:30a-12:30p Lunch Pizza Casserole, Brussels Sprouts, Broccoli, Orange 4:30-5:30pm Dinner Chicken Stew, Biscuit, Brussels Sprouts, Strawberries	<b>8</b> 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
<b>11</b> 11:30-12:30 Lunch Chicken & Mushroom Alfredo, Broccoli, Cauliflower, Orange	<b>12</b> 11:30a-12:30p Lunch Beef Goulash, Green Beans, Kiwi 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	<b>13</b> 11:30a-12:30p Lunch Lemon Pepper Chicken, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries	<b>14</b> 11:30a-1p Harvest Luncheon-Take Out Only Cornish Hens, Sweet Potato, Glazed Carrots, Chunky Applesauce, Apple Pie 4:30-5:30pm Dinner Taco Salad, Roasted Corn & Black Bean Fiesta, Broccoli, Apricots	<b>15</b> 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
<b>18</b> 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	<b>19</b> 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce 4:30-5:30pm Dinner Beef Tips & Pasta, Corn, Applesauce	<b>20</b> 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes, Mixed Vegetables, Kiwi 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	<b>21</b> 11:30a-12:30p Lunch Spaghetti & Meatballs, Broccoli, Orange, Breadstick 4:30-5:30pm Dinner Baked Ham, Scalloped Potatoes, California Blend Vegetables, Apricots	<b>22</b> 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear
<b>25</b> 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	<b>26</b> 11:30-12:30 Lunch Stuffed Peppers, Broccoli & Cauliflower, Grapes 4:30-5:30p Dinner Chopped Pig Flesh, Tombstone Taters, Slimy Swamp Sprouts, Dead Leafs, Franken-kiwi	<b>27</b> 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear	<b>28</b> 11:30a-12:30p Lunch Macaroni & Cheese w/ Ham, Mixed Vegetables, Bacon Fried Cabbage 4:30-5:30pm Dinner Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi	<b>29</b> 11:30-12:30 Lunch Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana

# October 2021 - Activity Calendar

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**

We ask that participants social distance whenever possible.  
We are asking everyone to wear a mask unless eating or drinking regardless of vaccination status.

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<b>4</b> 1:30pm Clogging – E M72	<b>5</b> 10am Zumba – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>6</b> 9am Geri-Fit – E M72 9:30-10:30am Commodities – St. Mary's Church 10am Geri-Fit – E M72 1pm Walk in the Woods – Camp AuSable Boardwalk 1pm Wii Bowling – Lawndale	<b>7</b> 10am Pokeno – Lawndale 1pm Penny Bingo – Lawndale	<b>8</b> 9am Geri-Fit – E M72 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>11</b> 1:30pm Clogging – E M72	<b>12</b> 10am Zumba – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>13</b> 9am Geri-Fit – E M72 10am Geri-Fit – E M72 1pm Walk in the Woods – AuSable River Foot Trail 1pm Wii Bowling – Lawndale	<b>14</b> 10am Pokeno – Lawndale 11:30-1 Harvest Luncheon— Take Out Only at Lawndale St. 2pm Penny Bingo – Lawndale	<b>15</b> 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>18</b> 1:30pm Clogging – E M72	<b>19</b> 10am Zumba – E M72 1pm Leaves of Remembrance – Penrod's 1pm Euchre – Lawndale 3pm Congregate Project Council Mtg. – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>20</b> 11am Alzheimer's Support Grp. @ The Brook of Grayling 1pm Walk in the Woods – Marl Lake 1pm Wii Bowling – Lawndale	<b>21</b> 10am Pokeno – Lawndale 11:30a-12:30p Birthday Lunch 1pm Penny Bingo – Lawndale	<b>22</b> 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Intro to Zoom – via Zoom 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>25</b> 1-4pm Foot Clinic — Appt. Req. – E M72 1:30pm Clogging – E M72	<b>26</b> 10am Zumba – E M72 1pm Euchre – Lawndale 4:30-5:30pm Halloween Party – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>27</b> 11am New to Medicare Seminar – via Zoom 1pm Walk in the Woods – Wellington Farms 1pm Wii Bowling – Lawndale	<b>28</b> 10am-2pm Veterans Benefits Fair – Ramada Conference Center 10am Pokeno – Lawndale 1pm Penny Bingo – Lawndale	<b>29</b> 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale