

September 2020 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:30-12:30 Lunch Swiss Steak, Mashed Potatoes, Corn, Grapes 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	2 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, Kiwi	3 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	4 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
7 CLOSED FOR LABOR DAY	8 11:30a-12:30p Lunch Pork with Kraut, Green Beans, Banana 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	9 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	10 11:30a-12:30p Lunch Hamburger, Green Beans, Corn, Grapes 4:30-5:30pm Dinner Shepard's Pie, Carrots, Pear	11 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple
14 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	15 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange 4:30-5:30pm Dinner Beef Tips, Brown Rice, Corn, Apple	16 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Mixed Vegetables, Pear	17 11:30a-12:30p Lunch Spaghetti & Meatballs, Peas, Apple, Breadstick 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Banana	18 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear
21 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Orange	22 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30p Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi	23 11:30a-12:30p Lunch Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear	24 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30-5:30pm Dinner Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi	25 11:30-12:30 Lunch Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana
28 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple	29 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange 4:30-5:30p Dinner Mediterranean Chicken, Sweet Potato, Green Beans, Grapes	30 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Lasagna, Mixed Vegetables, Apple, Breadstick	Curbside Pickup Available! Call in lunch and dinner orders between 9-11:30am. Pickup is available between 11:30-12:30pm. Upon arrival remain in your vehicle and call (989) 348-7123 to have meal(s) brought out to you. Weekend meals are available to congregate meal participants if they get a hot meal during the week. You may receive up to 4 frozen meals for the weekend. Donations are still being accepted but the correct change will be required.	

September 2020 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10am Aerobic Drumming	2 10am Zoom Zumba	3 10am Zoom Zumba 11am Grayling Baptist Food Truck 11:30a Unwind Outside @ Marl Lake 1-3pm Powerful Tools for Caregivers	4 10am Stretch via Zoom
7 CLOSED FOR LABOR DAY	8 10am Aerobic Drumming	9 9:30am Commodities @ St. Mary's 10am Zoom Zumba	10 10am Zoom Zumba 11am Grayling Baptist Food Truck 11:30a Unwind Outside @ Rayburn Trail 1-3pm Powerful Tools for Caregivers	11 10am Stretch via Zoom
14 10am Aerobic Drumming 2pm Fall Harvest Bingo	15 10am Aerobic Drumming	16 10am Zoom Zumba	17 10am Zoom Zumba 11am Grayling Baptist Food Truck 11:30a Unwind Outside @ Wakeley Lake	18 10am Stretch via Zoom 10am-2pm Foot Care Clinic —Appt. Required 1pm Intro to Zoom Workshop
21 10am Aerobic Drumming	22 10am Aerobic Drumming	23 10am Zoom Zumba 10:30am New to Medicare	24 10am Zoom Zumba 11am Grayling Baptist Food Truck 11:30am Unwind Outside @ Gahagan	25 10am Stretch via Zoom
28 10am Aerobic Drumming	29 10am Aerobic Drumming 1pm Fall Colors Painting	30 10am Zoom Zumba 11:59pm Scavenger Hunt Entries Due	Guest Under Age 60 Welcome! Participants under the age of 60 are welcome at any of our fitness classes, regular activities, or special events. However, in the event that registration at an event or activity becomes overly full, we are required to give preference to Crawford County Residents ages 60 and over. If you have any questions call (989) 348-7123.	