

September 2021 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>IF YOU'D LIKE INPUT into our menu for the future consider attending the Congregate Project Council Meeting on Tuesday, September 21st at 3pm</p>		<p>1 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear</p>	<p>2 11:30a-12:30p Lunch Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Banana</p>	<p>3 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear</p>
		<p>5 CLOSED FOR LABOR DAY</p>	<p>7 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30pm Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi</p>	<p>8 11:30a-12:30p Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear</p>
<p>13 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple</p>	<p>14 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Chicken Taco, Corn, Pinto Beans, Grapes</p>	<p>15 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Lasagna, Mixed Vegetables, Apple, Breadstick</p>	<p>16 11:30a-1:00p Grandparent's Day Luncheon BBQ Ribs, Potato Salad, Green Bean Casserole, Tropical Fruit Blend, Assorted Desserts 4:30-5:30pm Dinner Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana</p>	<p>17 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple</p>
<p>20 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi</p>	<p>21 11:30-12:30 Lunch Spaghetti & Meatballs, Peas, Grapes, Breadstick 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana</p>	<p>22 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, Applesauce</p>	<p>23 11:30a-12:30p Birthday Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange, Cake & Ice Cream 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes</p>	<p>24 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple</p>
<p>27 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes</p>	<p>28 11:30a-12:30p Lunch Taco Salad, Pinto Beans, Broccoli, Apricots 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear</p>	<p>29 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</p>	<p>30 11:30a-12:30p Lunch Sloppy Joes, Green Beans, Corn, Grapes 4:30-5:30pm Dinner Chicken Fajita, Green Beans, Tossed Salad, Apple</p>	

September 2021 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We ask that participants social distance whenever possible. We are asking everyone to wear a mask unless eating or drinking regardless of vaccination status.</p>		<p>1 9am Geri-Fit – E M72 10am Geri-Fit – E M72 1pm Wii Bowling – Lawndale</p>	<p>2 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale</p>	<p>3 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</p>
		<p>5 CLOSED FOR LABOR DAY</p>	<p>7 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale</p>	<p>8 9am Geri-Fit – E M72 9:30-10:30am Commodities – St. Mary's Church 10am Geri-Fit – E M72 1pm Walk in the Woods – Hartwick Pines 1pm Wii Bowling – Lawndale</p>
<p>13 1pm Bridge – Lawndale 1:30pm Clogging – E M72</p>	<p>14 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale</p>	<p>15 9am Geri-Fit – E M72 10am Geri-Fit – E M72 11am Alzheimer's Support Grp. @ The Brook of Grayling 12pm Intro to Zoom – via Zoom 1pm Walk in the Woods – Hanson Hills 1pm Wii Bowling – Lawndale</p>	<p>16 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 11:30-1 Grandparent's Day Luncheon— Take Out Only at Lawndale St. 2pm Penny Bingo – Lawndale</p>	<p>17 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</p>
<p>20 1pm Bridge – Lawndale 1:30pm Clogging – E M72</p>	<p>21 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 3pm Congregate Project Council Mtg – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale</p>	<p>22 9am Geri-Fit – E M72 10am Geri-Fit – E M72 1pm New to Medicare Seminar – via Zoom 1pm Walk in the Woods – Marguerite Gahagan 1pm Wii Bowling – Lawndale</p>	<p>23 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 11:30a-12:30p Birthday Lunch 1pm Penny Bingo – Lawndale</p>	<p>24 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</p>
<p>27 1pm Bridge – Lawndale 1-4pm Foot Clinic — Appt. Req. – E M72 1:30pm Clogging – E M72</p>	<p>28 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Ballet Basics – E M72 1pm Euchre – Lawndale 4:30pm Board Mtg – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale</p>	<p>29 9am Geri-Fit – E M72 10am Geri-Fit – E M72 1pm Walk in the Woods – Wakeley Lake 1pm Wii Bowling – Lawndale</p>	<p>30 10am Pokeno – Lawndale 10am Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale</p>	