

September 2025 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>CLOSED FOR LABOR DAY</div> <div> July 28<sup>th</sup> was donated in remembrance of Eugene Marcinek's Birthday on July 26th</div>	<div><b>2</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Parmesan Cod, Brown Rice, Prince Charles Vegetables, and a Fresh Pear</div>	<div><b>3</b> <b>8:30a-9:30a Breakfast</b> Bacon &amp; Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Pork Roast, Red Grapes, Baked Potato, Green Beans</div>	<div><b>4</b> <b>11:30a-12:30p Lunch</b> Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie <b>11:30a-12:30p Lunch</b> BBQ Chicken, Fried Cabbage with Baked Beans, Red Grapes</div>	<div><b>5</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Cheese Ravioli, Asparagus, Italian Bread, Red Grapes</div>
<div><b>8</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear</div> <div> Donated in Honor of Steve Wood, former Meals on Wheels Driver</div>	<div><b>9</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend, Fresh Orange</div>	<div><b>10</b> <b>8:30a-9:30a Breakfast</b> Bacon &amp; Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi</div> <div> In Memory of Scott Foster</div>	<div><b>11</b> <b>11:30a-12:30p Lunch</b> Meatloaf, Potatoes with Beef Gravy, Brussels Sprouts, Apple <b>4:00p-6:00p Special Dinner</b> Chicken Fried Steak, Mashed Potatoes, Biscuits, Country Gravy, Bacon &amp; Green Beans, and Flame Roasted Cinnamon Apple Slices with Cream.</div>	<div><b>12</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Chicken &amp; Pepper Bake, Sourdough Roll, Apple</div>
<div><b>15</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Banana</div>	<div><b>16</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe &amp; Honeydew</div>	<div><b>17</b> <b>8:30a-9:30a Breakfast</b> Bacon &amp; Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange</div>	<div><b>18</b> <b>8:30a-9:30a Breakfast</b> Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie <b>11:30a-12:30p</b> Baked Penne with Sausage, Vegetable Blend Prince Charles, Kiwi</div>	<div><b>19</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas</div>
<div><b>22</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Chicken Stew with Biscuit, Brussels Sprouts, Fresh Pear</div>	<div><b>23</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Birthday Lunch</b> Sweet &amp; Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks</div>	<div><b>24</b> <b>8:30a-9:30a Breakfast</b> Bacon &amp; Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots</div>	<div><b>25</b> <b>8:30a-9:30a Breakfast</b> Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie <b>11:30a-12:30p Picnic Lunch</b> Michigan cherry chicken salad on a croissant, a Michigan apple, and a garden salad with milk  Lasagna, Mixed Vegetables &amp; Red Grapes available at the Senior Center</div>	<div><b>26</b> <b>8:30a-9:30a Breakfast</b> Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes, Peas and Onions, Fresh Orange</div>
<div><b>29</b> <b>8:30a-9:30a Breakfast</b> Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi</div>	<div><b>30</b> <b>8:30a-9:30a Breakfast</b> English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend <b>11:30a-12:30p Lunch</b> Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Banana</div>			
<div><b>Light Bites – Dine in Only</b> Bourbon Chicken, Sugar Snap Peas, Vegetable Egg Roll, Kiwi</div>	<div><b>Light Bites – Dine in Only</b> Crab Cakes, Lemony Broccolini, Sourdough Roll, Tangerine Clementine</div>	<div><b>Light Bites – Dine in Only</b> Italian Meatball Sub, Garden Salad, Apple Sauce</div>	<div><b>Light Bites – Dine in Only</b> Mojo Chicken, Red Grapes</div>	<div><b>Light Bites – Dine in Only</b> BBQ Chicken Flatbread, Garden Salad, Banana</div>

September 2025 - Activities Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>CLOSED FOR LABOR DAY</div>	<div><b>2</b> 9a Friends of a Feather Quilting Group <b>9:30a Matter of Balance</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre</div>	<div><b>3</b> 8:30a Blood Pressure Checks 10a Silver Sneakers <b>10a Walk in the Woods @ Rayburns</b> <b>10:30a Water Aerobics</b> 12:30p Mahjong <b>1:00-3:00p Wii Bowling</b></div>	<div><b>4</b> 9a Zumba Gold A <b>9:30a Matter of Balance</b> 10a Zumba Gold B 1p Penny Bingo 3:30p Grayling Pharmacy Bingo</div>	<div><b>5</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo</div>
<div><b>8</b> 10a Silver Sneakers 1-4p Chess Club <b>9:30a Matter of Balance</b> <b>10:30p Cookie Contest</b> <b>12:45 Grandparents’ Day Party</b> 2-3p Diamond Art Club</div>	<div><b>9</b> <b>9a-12p Housing Counseling</b> 9a Zumba Gold A 10a Zumba Gold B <b>10a Grief Support Group</b> <b>10:30a COA Food Truck</b> 12:30p Euchre <b>1p All Staff Training (Building Remains Open)</b></div>	<div><b>10</b> 8:30a Blood Pressure Checks 10a Silver Sneakers <b>10a Walk in the Woods @ Hanson Hills</b> <b>10:30a Water Aerobics</b> 12:30p Mahjong <b>12:30p Project Council Meeting</b> <b>1:00-3:00p Wii Bowling</b></div>	<div><b>11</b> 9a Zumba Gold A <b>9:30a Matter of Balance</b> 10a Zumba Gold B 1p Penny Bingo <b>4-6p Special Dinner</b></div>	<div><b>12</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo</div>
<div><b>15</b> 10a Silver Sneakers 1-4p Chess Club <b>1p Beginners Photography Class</b> 2-3p Diamond Art Club</div>	<div><b>16</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre <b>4:30p COA Board Meeting</b></div>	<div><b>17</b> 8:30a Blood Pressure Checks 10a Silver Sneakers <b>10a Walk in the Woods @ Aspen Park</b> <b>10:30a Water Aerobics</b> <b>11a New to Medicare</b> <b>11a Alzheimer’s Support @ the Brook</b> 12:30p Mahjong <b>1:00-3:00p Wii Bowling</b></div>	<div><b>18</b> 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo <b>1p Legal Advice</b></div>	<div><b>19</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo <b>3p Tree Dedication Ceremony</b></div>
<div><b>22</b> <b>9a-4:30p Footcare</b> 10a Silver Sneakers 1-4p Chess Club <b>1p Beginners Photography Class</b> 2-3p Diamond Art Club</div>	<div><b>23</b> 9a Zumba Gold A 10a Zumba Gold B <b>11:30a Birthday Lunch</b> 12:30p Euchre</div>	<div><b>24</b> 8:30a Blood Pressure Checks <b>10a Walk in the Woods @ Wakeley Lake</b> 10a Silver Sneakers 12:30p Mahjong <b>1:00-3:00p Wii Bowling</b> <b>2p-4p Commodities</b></div>	<div><b>25</b> 9a Zumba Gold A 10a Zumba Gold B <b>11:00a-1:00p Fall Picnic &amp; Outdoor Day</b> 1p Penny Bingo</div>	<div><b>26</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo</div>
<div><b>29</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club</div>	<div><b>30</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre</div>			