

| September 2026 - Meal Calendar                                                                                                                                                                                                 |                                                                                                                                                                                                                         |                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| MONDAY                                                                                                                                                                                                                         | TUESDAY                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                | <b>1 – MEAL DAY</b><br><b>8:30a-9:30a Breakfast</b><br>Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie<br><b>11:30a-12:30p Lunch</b><br>Parmesan Fish, Brown Rice, Prince Charles Vegetables, Pear | <b>2</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie<br><b>11:30a-12:30p Lunch</b><br>Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Banana, Fortune Cookie         | <b>3</b><br><b>8:30a-9:30a Breakfast</b><br>Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie<br><b>11:30a-12:30p Lunch</b><br>NO LUNCH – Center Closed for All Staff Training                                                                               | <b>4</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Roast Turkey, Gravy, Redskin Potatoes, Asparagus, Apple                                                                                                                                                                                                 |
| <b>7</b><br><b>CLOSED FOR LABOR DAY</b>                                                                                                                                                                                        | <b>8</b><br><b>8:30a-9:30a Breakfast</b><br>Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie<br><b>11:30a-12:30p Lunch</b><br>Italian Stuffed Peppers, Baked Potato, Green Beans, Pear              | <b>9</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie<br><b>11:30a-12:30p Lunch</b><br>Herb Pork Loin, Mashed Potatoes with Gravy, Prince Charles Vegetables, Roll, Pear | <b>10</b><br><b>8:30a-9:30a Breakfast</b><br>Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie<br><b>11:30a-12:30p Lunch</b><br>Balsamic Chicken, Tomato Parmesan Pasta, Cucumber and Tomato Salad, Orange                                                   | <b>11</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>American Goulash, Green Beans, Dinner Roll, Kiwi<br><br><i>September 11<sup>th</sup> was donated by Keith Radwanski and Erin Fanning in memory of John Fanning.</i> |
| <b>14</b><br><b>8:30a-9:30a Breakfast</b><br>Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Chicken Drumsticks, Mashed Potatoes with Gravy, Baked Beans, Banana | <b>15</b><br><b>8:30a-9:30a Breakfast</b><br>Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie<br><b>11:30a-12:30p Lunch</b><br>Spaghetti and Meatballs, Italian Blend Vegetables, Breadstick, Apple | <b>16</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie<br><b>11:30a-12:30p Lunch</b><br>Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange                     | <b>17</b><br><b>11:30a-12:30p Lunch</b><br>Meatloaf, Mashed Potatoes with Gravy, Brussels Sprouts, Apple<br><b>4:00p-6:00p Thursday Night Lights Special Dinner</b><br>Philly Cheesesteak Sub, Potato Wedges, and Coleslaw with Optional Choices Of 2 Chicken Wings and Peach Pie | <b>18</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Pepper Steak, Fried Rice, Stir Fry Vegetable, Kiwi                                                                                                                                                                                                     |
| <b>21</b><br><b>8:30a-9:30a Breakfast</b><br>Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>BBQ Pork Sandwich, Dill and Garlic Potatoes, Carrots, Kiwi          | <b>22</b><br><b>8:30a-9:30a Breakfast</b><br>Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie<br><b>11:30a-12:30p</b><br>Lasagna, Mixed Vegetables, Orange                                          | <b>23</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie<br><b>11:30a-12:30p Lunch</b><br>Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges               | <b>24</b><br><b>8:30a-9:30a Breakfast</b><br>Belgian Waffles, Two Sausage Patties, Strawberries, Strawnana Smoothie<br><b>11:30a-12:30p Birthday Lunch</b><br>Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks                                          | <b>25</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon, Fried Egg, Breakfast Potatoes, Toast, Four Berries Blend, Mango Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Pear                                                                                                                                                                                        |
| <b>28</b><br><b>8:30a-9:30a Breakfast</b><br>Biscuit and Gravy, Scrambled Eggs, Four Berries Blend, Banana Berry Smoothie<br><b>11:30a-12:30p Lunch</b><br>Orange Chicken, Stir Fry Vegetable, Fried Rice, Banana              | <b>29</b><br><b>8:30a-9:30a Breakfast</b><br>Ham Slice, Scrambled Eggs, Toast, Applesauce, Sunrise Peach Smoothie<br><b>11:30a-12:30p</b><br>Western Omelet, Redskin Potatoes, Berry Vanilla Yogurt Bowl                | <b>30</b><br><b>8:30a-9:30a Breakfast</b><br>Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie<br><b>11:30a-12:30p Lunch</b><br>Beef Pot Roast in Gravy, Mashed Potatoes, Carrots, Roll, Banana                  |                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Light Bites – Dine in Only</b><br>Ham & Cheese Sub, Cole Slaw, Banana                                                                                                                                                       | <b>Light Bites – Dine in Only</b><br>Pierogi, Fried Cabbage with Bacon, Roll, Pear                                                                                                                                      | <b>Light Bites – Dine in Only</b><br>Turkey Sub, Tri-Tortellini Salad, Banana                                                                                                                                                              | <b>Light Bites – Dine in Only</b><br>Mojo Chicken Bowl, Mandarin Oranges                                                                                                                                                                                                          | <b>Light Bites – Dine in Only</b><br>BBQ Chicken Flat Bread, Garden Salad, Banana                                                                                                                                                                                                                                                                                                                                          |

| September 2026 - Activities Calendar                                                                         |                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                              |                                                                                                                                                                                                 |                                                                                                                                                                        |
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| MONDAY                                                                                                       | TUESDAY                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                        | FRIDAY                                                                                                                                                                 |
|                                                                                                              | <b>1</b><br><b>9a Friends of a Feather Quilting Group</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br>12:30p Euchre<br><b>1p Penny Bingo</b><br><b>3p Grayling Pharmacy Bingo</b>                                                         | <b>2</b><br>8:30a Blood Pressure Checks<br><b>8:30a Tai Chi for Arthritis</b><br>10a Silver Sneakers<br>12:30p Mahjong<br>12:30p Wii Bowling                                                                                                 | <b>3</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br><b>10a All Staff Training</b><br><b>3p Music for Life</b><br><br><b>NO LUNCH</b><br><b>NO BINGO</b> | <b>4</b><br>10:30a Bible Study<br>10:45a Fit for the Aging<br>12:30p Flower Arranging Class<br>1p Pantry Bingo                                                         |
| <b>7</b><br><b>CLOSED FOR LABOR DAY</b>                                                                      | <b>8</b><br><b>9a Beginner Pickleball Classes</b><br>9a Zumba Gold A<br>9:30a Tech Support (Appointments Only)<br>10a Zumba Gold B<br><b>10a Grief Group</b><br><b>10a Housing Education</b><br>12:30p Euchre<br><b>1p Cancer Support Group</b><br><b>2:30p Drumming for Fun</b> | <b>9</b><br>8:30a Blood Pressure Checks<br>10a Silver Sneakers<br><b>10a Walk in the Woods @ Hanson Hills</b><br>12:30p Mahjong<br>12:30p Wii Bowling                                                                                        | <b>10</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br>1p Penny Bingo<br><b>2p-4p Caregiver Conference</b>                                                | <b>11</b><br>10:30a Bible Study<br>10:45a Fit for the Aging<br>12:30p Flower Arranging Class<br>1p Pantry Bingo                                                        |
| <b>14</b><br><b>10a Diabetes PATH Toolkit</b><br>10a Silver Sneakers<br>1p Chess Club<br>2p Diamond Art Club | <b>15</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>9:30a Tech Support (Appointments Only)<br>10a Zumba Gold B<br><b>10:30a Versiti Blood Drive</b><br>12:30p Euchre<br><b>2:30p Drumming for Fun</b><br><b>4:30p COA Board Meeting</b>                     | <b>16</b><br>8:30a Blood Pressure Checks<br>10a Silver Sneakers<br><b>10a Walk in the Woods @ MiLock Family Preserve</b><br><b>11a Alzheimer's Support @ the Brook</b><br><b>12p New to Medicare</b><br>12:30p Mahjong<br>12:30p Wii Bowling | <b>17</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br>1p Penny Bingo<br>1p Legal Advice<br><b>4p Thursday Night Lights Special Dinner</b>                | <b>18</b><br><b>10a Lynn Oldfield's Painting Class (\$15.00)</b><br>10:30a Bible Study<br>10:45a Fit for the Aging<br>12:30p Flower Arranging Class<br>1p Pantry Bingo |
| <b>21</b><br>10a Silver Sneakers<br>1p Chess Club<br>2p Diamond Art Club                                     | <b>22</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>9:30a Tech Support (Appointments Only)<br>10a Zumba Gold B<br>12:30p Euchre<br><b>2:30p Drumming for Fun</b>                                                                                            | <b>23</b><br>8:30a Blood Pressure Checks<br>10a Silver Sneakers<br><b>10a Walk in the Woods @ Wakeley Lake</b><br><b>10a Book Club</b><br>12:30p Mahjong<br>12:30p Wii Bowling<br><b>1p-3p Commodities</b>                                   | <b>24</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>10a Zumba Gold B<br><b>12p Birthday Lunch</b><br>1p Penny Bingo<br><b>3p Music for Life</b>                            | <b>25</b><br>10:30a Bible Study<br>10:45a Fit for the Aging<br>12:30p Flower Arranging Class<br>1p Pantry Bingo                                                        |
| <b>28</b><br><b>9a Footcare</b><br>10a Silver Sneakers<br>1p Chess Club<br>2p Diamond Art Club               | <b>29</b><br><b>9a Beginner Pickleball Lessons</b><br>9a Zumba Gold A<br>9:30a Tech Support (Appointments Only)<br>10a Zumba Gold B<br>12:30p Euchre<br><b>2:30p Drumming for Fun</b>                                                                                            | <b>30</b><br>8:30a Blood Pressure Checks<br>10a Silver Sneakers<br><b>10a Walk in the Woods @ Grayling Township Park</b><br>12:30p Mahjong<br>12:30p Wii Bowling                                                                             |                                                                                                                                                                                                 |                                                                                                                                                                        |
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