


September 2025 ~ Meal Calendar

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

September 2025 ~ Activities Calendar

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

Need care for your neurological condition – or suspect you have one? Munson's trusted neurologists diagnose and manage a wide range of neurological issues that can lead to symptoms like tingling, numbness, tremors, problems with balance, and more.

Common conditions we treat include:

- Migraines and Chronic Headaches
- Neuropathy and Nerve Pain
- Memory and Movement Disorders
- Epilepsy and Seizures
- Brain Injury and Concussions
- And Other Neurological Conditions



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