






February 2023 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <div>Effective January 1st, the cost for a meal at the Senior Center for those under 60 years of age will increase to \$6.50.</div>		1 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple	2 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes	3 11:30a-12:30p Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt
6 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli & Cauliflower, Orange <div>NEW</div>	7 11:30a-12:30p Meatloaf, Mashed Potatoes & Gravy, Brussels Sprouts, Strawberries	8 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Broccoli, Kiwi	9 11:30a-1pm Pickup Valentine's Day Lunch Prime Rib, Rosemary Potatoes, Vegetable Blend, Strawberry Applesauce, Cherry Pie	10 11:30a-12:30p Lunch Beef Stew, California Blend Vegetables, Asparagus, Kiwi <div>NEW</div>
13 11:30a-12:30p Lunch Goulash, Carrots, Green Beans, Applesauce	14 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage w/ Bacon, Parsley Potatoes, Grapes	15 11:30a-12:30p Lunch Salsa Chicken, Roasted Corn & Black Beans, Red Skin Potato, Mandarin Oranges	16 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Broccoli & Cauliflower, Pineapple,	17 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetables, Sugar Snap Peas, Kiwi
20 President's Day Senior Center Closed	21 Cake & Ice Cream Dine-In Only 11:30a-12:30p Birthday Lunch Scalloped Potatoes w/ Ham, Asparagus, Mixed Vegetables, Orange <div>NEW</div>	22 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	23 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes	24 11:30a-12:30p Lunch Chili w/ Beans, Green beans, Carrots, Apple <div>NEW</div>
27 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Pineapple	28 "Create Your Own" 11:30a-12:30p Lunch Omelet, Redskin Potatoes, Broccoli & Cauliflower, Grapes	<div>  <div> You can Quit! We can help! 1-800-QUIT-NOW 1-800-784-8669 <small>Funded by the Michigan Department of Community Health</small> </div> <div> Free! Michigan TOBACCO QuitLine </div> </div>		

February 2023 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9-11am Pickleball –M72 9:30-10:30am Commodities – St. Mary's Church 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong - Lawndale	2 9-11pm Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 11am – Indoor Walking Group – M72 1pm Penny Bingo – Lawndale 3pm – Medicine Shoppe Bingo - Lawndale	3 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale
6 9-11am Pickleball – M72 10am SilverSneakers M72 1-4pm Chess Club - Lawndale 1pm Grief Support Group	7 9am Quilting - Lawndale 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study 11am –Indoor Walking–M72 1:30pm Diamond Dancers – Level 1 - Frederic 6pm – Diamond Dancers – Level 2 - M72	8 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong	9 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 11am – Indoor Walking Group – M72 11:30am-1pm Valentine's Day - Lawndale 2pm Penny Bingo – Lawndale	10 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale
13 9-11am Pickleball – M72 10am SilverSneakers M72 1-4pm Chess Club, Lawndale 1pm Michigan State Plan on Aging Community Conversation	14 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study 11am –Indoor Walking–M72 1:30pm Diamond Dancers – Level 1 - Frederic 6pm – Diamond Dancers – Level 2 - M72	15 9-11am Pickleball –M72 10am SilverSneakers M72 11am Alzheimer's Support Grp. @The Brook of Grayling 11am-12pm Chair Yoga, M72 1pm – Mahjong – Lawndale	16 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 11am – Indoor Walking Group – M72 11:30am-12:30pm Taste Testing New Menu Items 1pm Penny Bingo – Lawndale	17 9-11am Pickleball - M72 10am – Sound Healing & Meditation - Lawndale 1pm Pantry Bingo – Lawndale 2-4pm Cooking for One
20 President's Day Senior Center Closed	21 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 11am –Indoor Walking–M72 11:30-12:30pm Birthday Lunch – Lawndale 1pm Grief Support Group 1:30pm Diamond Dancers – Level 1 - Frederic 6pm – Diamond Dancers – Level 2 - M72	22 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 11am – New to Medicare – ZOOM 1pm – Mahjong – Lawndale	23 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 11am – Indoor Walking Group – M72 12:30pm Penny Bingo – Lawndale Senior Center Closed 2:30pm	24 9-11am Pickleball – M72 1pm Pantry Bingo – Lawndale 2-4pm Cooking for One
27 9-11am Pickleball M72 10am SilverSneakers M72 12-3pm Foot Clinic –Appt. Req. – Lawndale 1-4pm Chess Club, Lawndale 1pm Grief Support Group	28 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 11am –Indoor Walking–M72 1:30pm Diamond Dancers – Level 1 - Frederic 6pm – Diamond Dancers – Level 2 - M72		<div>  </div>	