




Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>Join us for lunch or dinner on your birthday and we'll help you celebrate with cake and ice cream. Invite up to 8 people and dessert is on us! Please call us at 348-7123 before the meal to let us know you're coming and how many will be in your party.</p> 	<p>*****  <b>Crawford County</b>  <b>Commission on Aging &amp; Senior Center</b>  <b>January 2016</b>  <b>At-A-Glance Meal &amp; Activities</b>  <b>Calendar</b>  *****</p>		<p><b>Free Congregate Meal</b>  <b>For Seniors 60+</b>  Commission on Aging &amp; Senior Center  308 Lawndale, Grayling</p> <p>Located Behind Burger King <i>Must be a first time meal.</i></p> 	<p><b>1</b></p>  <p><b>HAPPY NEW YEAR</b>  <b>Office Closed</b></p>	<p><b>2</b></p>
<b>3</b>	<b>4</b> 10am Quilting  <b>12pm Lunch</b> – Kielbasa, Sauerkraut, Asparagus, Apricots 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @Grayling Elem. <b>5pm Dinner</b> – Lemon Baked Fish, Cole Slaw, Redskin Potatoes, Mixed Melon	<b>5</b> 10am Bible Study 10am Zumba Gold  <b>12pm Lunch</b> – Shepard's Pie, Winter Blend Vegetable, Orange 1pm Euchre  4-5pm Blood Press/Sugar Checks <b>5pm Dinner</b> – Salisbury Steak, Mashed Potatoes w/Mushroom Gravy, Beets, Fruit Cocktail	<b>6</b> <b>9:30am Commodities @ St Mary's</b> 9am Dulcimer Group 10am Line Dancing <b>12pm Lunch</b> – Beef Tips w/Noodles, California Vegetable Blend, Beets, Watermelon 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner</b> – Stuffed Peppers, Brussels Sprout, Carrots, Pear	<b>7</b> 10am Crafting 10am Pokeno 11am Golden Toners Exercise  <b>12pm Lunch</b> – Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Apple Slices 1pm Penny Bingo  <b>5pm Dinner</b> – Chicken Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries	<b>8</b> 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite Meal <b>12pm Lunch</b> – Fried Chicken, Oven Roasted Potatoes, Peas & Pearl Onions, Cinnamon Applesauce 1pm Pantry Bingo <i>Hospice Advantage</i> 1pm Pool – 9 Ball 3:30pm Karaoke	<b>9</b>
<b>10</b>	<b>11</b> 10am Quilting  <b>12pm Lunch</b> – Ravioli, Carrots, Green Beans, Grapes 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @Grayling Elem.  <b>5pm Dinner</b> – Baked Chicken, Oven Roasted Potatoes, Peas, Orange	<b>12</b> 10am Bible Study 10am Zumba Gold <b>11:30-6pm Foot Clinic-Need Appt</b> <b>12pm Lunch</b> - Cheddar Chicken Rice Casserole, Broccoli, Apple Slices, Fruit Cocktail 1pm Euchre 4-5pm Blood Press/Sugar Checks  <b>5pm Dinner</b> –Pizza, Tossed Salad, Winter Blend Vegetable, Peaches	<b>13</b> 10am Line Dancing <b>12pm Lunch</b> – Stuffed Cabbage, Carrots, Wax Beans, Blueberry Yogurt 1pm Mahjong 1pm Wii Bowling 1pm Pool- Ball in Hand 2:30pm Unlucky 7's  <b>5pm Dinner</b> – Beef Pot Roast, Boiled Potatoes, Green Beans, Apple Slices <b>6pm New to Medicare</b>	<b>14</b> 10am Crafting 10am Pokeno 11am Golden Toners Exercise <b>12pm Lunch</b> – Meatloaf, Baked Potatoes, Broccoli, Strawberries 1pm Penny Bingo  <b>4-6pm Winter Picnic</b> - BBQ Ribs, Baked Beans, Green Beans w/Almonds, Potato Salad, Fruited Cherry Jell-O Delight, Pie	<b>15</b> 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite Meal <b>12pm Lunch</b> – Baked Ham, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo <i>Hilltop Manor Health Care Center</i> 1pm Pool-9 Ball 3:30pm Karaoke	<b>16</b>
<b>17</b>	<b>18</b> 10am Quilting  <b>12pm Lunch</b> – Hot Turkey & Mashed Potato w/Gravy, Peas & Pearl Onions, Orange <b>1-4pm Hearing Clinic-Appt. Req'd</b> 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @Grayling Elem. <b>5pm Dinner</b> – – Liver & Onions, Cabbage Fried w/Bacon, Parisian Carrots, Fruit Cocktail	<b>19</b> 10am Bible Study 10am Zumba Gold <b>12pm Lunch</b> – Breaded Cod, Potato Salad, Prince Charles Veggie Blend, Apple Slices 1pm Euchre <b>2pm Karaoke at The Brook</b> <b>4:30pm Neck Massage Appt.Req'd</b> 4-5pm Blood Press/Sugar Checks <b>5pm Dinner</b> Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Applesauce <b>6pm COA Board Mtg @ Center</b>	<b>20</b> 9am Dulcimer Group 10am Line Dancing <b>11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St</b> <b>12pm Lunch</b> – Beef Goulash, Corn, Cauliflower, Peaches 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Birthday Dinner</b> – BBQ Chicken Quarters, Baked Potatoes, Stewed Tomatoes, Pear, Cake & Ice Cream	<b>21</b> 10am Crafting 10am Pokeno 11am Golden Toners Exercise <b>12pm Lunch</b> – Taco Salad, Refried Beans, Broccoli, Mixed Melon 1pm Penny Bingo <b>3pm Medicine Shoppe Bingo</b>  <b>5pm Dinner</b> – Beef Pot Pie, Green Beans, Apricots	<b>22</b> 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lunch</b> – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo <i>Michigan Premier</i> 1pm Pool-9 Ball 3:30pm Karaoke	<b>23</b>
<b>24</b>	<b>25</b> 10am Quilting  <b>12pm Lunch</b> – Potato Crunch Pollock, Redskin Potatoes, California Vegetable Blend, Applesauce 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @Grayling Elem.  <b>5pm Dinner</b> –Cranberry Glazed Chicken, Baked Potatoes Peas & Carrots, Applesauce <b>6pm The Year in Review</b>	<b>26</b> 10am Bible Study 10am Zumba Gold  <b>12pm Lunch</b> – Hamburger, French Fries, Broccoli, Watermelon 1pm Euchre  4-5pm Blood Press/Sugar Checks <b>5pm Dinner</b> – Western Omelet Casserole, Hash Brown, Broccoli & Cauliflower, Mixed Melon	<b>27</b> 10am Line Dancing <b>12pm Lunch</b> – Stir Fry Chicken, Stir Fry Vegetable, Brown Rice, Asparagus, Pineapple <b>1-4pm Legal Assist.- Need Appt.</b> 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's <b>5pm Dinner</b> – Meatloaf, Mashed Potatoes, Broccoli, Strawberries	<b>28</b> <b>9am MHG Free Breakfast Pres.</b> 10am Crafting 10am Pokeno 11am Golden Toners Exercise <b>12pm Lunch</b> – Fish Sandwich, Cauliflower, Peas & Carrots, Pineapple 1pm Penny Bingo  <b>5pm Dinner</b> – Beef Stew, Biscuits, Spinach, Tossed Salad, Plums	<b>29</b> 9am Card Golf 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lunch</b> – Swiss Steak, Boiled Potatoes, Sugar Snap Peas, Orange Slices 1pm Pantry Bingo <i>InteliCare</i> 1pm Pool-9 Ball 3:30pm Karaoke	<b>30</b>
<b>31</b>						