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| **\April 2025 - Meal Calendar** | | | | |  | | **April 2025 - Activity Calendar** | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |  | **MONDAY** | | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | 1  **11:30a-12:30p Lunch**  Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetable, Orange  **4:30-5:30p Dinner**  BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes | 2  **11:30a-12:30p Lunch**  Pork Roast, Baked Potato, Green Beans, Pear  **4:30-5:30p Dinner**  Beef Stroganoff, Asparagus, Italian Blend, Breadstick, and Apple  **A blue sign with white text  AI-generated content may be incorrect.**  Sorenson Lockwood | 3  **11:30a-12:30p Lunch**  Lasagna, Mixed Vegetables, Grapes  **4:30-5:30p Dinner**  Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange | 4  **11:30a-12:30p Lunch**  Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi |  |  | | **1**  **9a Friends of a Feather Quilting Group**  9a Zumba Gold A  10a Zumba Gold B  **11a April Fools Party**  12:30p Euchre  **2p Tai Chi with MSU-E** | **2**  10a Silver Sneakers  11a Blood Pressure Checks  12:30p Mahjong  **3:00p Geri-Fit** | **3**  9a Zumba Gold A  10a Zumba Gold B  1p Penny Bingo  3p Medicine Shoppe Bingo | **4**  10:30a Bible Study  10:45a Fit for the Aging  1p Pantry Bingo  **3:00p Geri-Fit** |
| 7  **11:30a-12:30p Lunch**  Chicken Tenders,  Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange  **4:30-5:30p Dinner**  Chicken Enchilada, Corn and Black Bean Fiesta, Applesauce | 8  **11:30a-12:30p Lunch**  Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes  **4:30-5:30p Dinner**  Chicken Stew with Biscuit, Brussels Sprouts, Pear | 9  **11:30a-12:30p Lunch**  Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots  **4:30-5:30p Dinner**  Meatloaf, Mashed Potatoes w/ Gravy,  Brussels Sprouts,  **A blue sign with white text  AI-generated content may be incorrect.**Strawberries  JP Heating of Northern MI | 10  **11:30a-12:30p Lunch**  Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend  **4:00p -6:00p**  **Spring Serenade Special Dinner**  Grilled Alaskan Salmon with lemon wedge, Fresh Roasted Baby Potatoes and Asparagus, Dinner Roll, & a Lemon Raspberry Cheesecake Square. | 11  **11:30a-12:30p Lunch**  Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange |  | **7**  **9a-4:30p Footcare**  **10:30a-3:30p Blood Drive**  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | **8**  **9a Housing Counseling**  9a Zumba Gold A  10a Zumba Gold B  **11:30a Digestive Health Booth with DHD#10**  **12:30p Trivia with Clay Horton**  12:30p Euchre  **2p Tai Chi with MSU-E** | **9**  10a Silver Sneakers  11a Blood Pressure Checks  12:30p Mahjong  **3:00p Geri-Fit** | **10**  9a Zumba Gold A  10a Zumba Gold B  1p Penny Bingo  **4p-6p Spring Serenade Special Dinner** | **11**  10:30a Bible Study  10:45a Fit for the Aging  1p Pantry Bingo  **3:00p Geri-Fit** |
| 14  **11:30a-12:30p Lunch**  BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi  **4:30-5:30p Dinner**  Chicken Fajita, Roasted Corn and Black Bean Fiesta, Grapes | 15  **11:30a-12:30p Lunch**  Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks  **4:30-5:30p Dinner**  Beef Tips, California Blend Vegetable, Pear | 16  **11:30a-12:30p Lunch**  Lemon Pepper Chicken, Baked Potato,  Brussels Sprouts, Orange  **4:30-5:30p Dinner**  **A blue sign with white text  AI-generated content may be incorrect.**Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear  JM Door | 17 MEAL DAY\*  **11:30a-12:30p Lunch**  Baked Penne with Sausage, Vegetable Blend Prince Charles, Kiwi  **4:30p-5:30p Dinner**  Beef Stew, California Blend Vegetable,  Apple | 18  **CLOSED FOR GOOD FRIDAY** |  | **14**  10a Silver Sneakers  **10:30a-3:00p Secretary of State Mobile Office**  1-4p Chess Club  2-3p Diamond Art Club | | **15**  9a Zumba Gold A  10a Zumba Gold B  12:30p Euchre  **2p Tai Chi with MSU-E**  **4:30p COA Board Meeting** | **16**  10a Silver Sneakers  **11a New to Medicare**  **11a Alzheimer’s Support @ the Brook**  11a Blood Pressure Checks  12:30p Mahjong  **3:00p Geri-Fit** | **17**  9a Zumba Gold A  10a Zumba Gold B  1p Penny Bingo  **1p Legal Assistance**  **6:00p Pub Runners Concert** | **18**  **CLOSED FOR**  **GOOD FRIDAY** |
| 21  **11:30a-12:30p Lunch**  Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple  **4:30-5:30p Dinner**  Beef Enchilada, Spanish Rice, Carrots, Kiwi | 22  **11:30a-12:30p**  Chicken and Dumplings, Harvest Blend Vegetables, Orange  **4:30-5:30p Dinner**  Cabbage Rolls, Redskin Potatoes, Peas & Carrots, Blueberry Yogurt | 23  **11:30a-12:30p Lunch**  Hamburger Stroganoff,  Green Beans, Apricots  **4:30-5:30p Dinner**  **A blue sign with white text  AI-generated content may be incorrect.**Pork Roast, Baked Potato, Green Beans, Pear  Jack Millikin Excavating | 24  **11:30a-12:30p Lunch**  Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes  **4:30-5:30p Dinner**  Scrambled Eggs,  Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast | 25  **11:30a-12:30p Lunch**  Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes |  | **21**  10a Silver Sneakers  1-4p Chess Club  1p Pantry Bingo  2-3p Diamond Art Club | | **22**  9a Zumba Gold A  10a Zumba Gold B  **2p Tai Chi with MSU-E**  12:30p Euchre | **23**  10a Silver Sneakers  11a Blood Pressure Checks  12:30p Mahjong  **3:00p Geri-Fit**  **2p-4p Commodities** | **24**  9a Zumba Gold A  10a Zumba Gold B  1p Penny Bingo | **25**  **10a-4:00p Caregiver Conference**  10:30a Bible Study  10:45a Fit for the Aging  **12p-2p Drug Takeback Day**  **3:00p Geri-Fit** |
| 28  **11:30a-12:30p Lunch**  Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple  **4:30-5:30p Dinner**  Chicken Tacos,  Refried Beans, Kiwi | 29  **11:30a-12:30p Birthday Lunch**  Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple  **4:30-5:30p Dinner**  Stuffed Peppers, Broccoli, Cauliflower  Kiwi, Wheat Bread | 30  **11:30a-12:30p Lunch**  Pork Chop Supreme,  Baked Potato, Brussels Sprouts, Kiwi  **4:30-5:30p Dinner**  Shepard’s Pie, Carrots,  Grapes, Wheat Bread | **Reminder: Meals on Wheels will be delivered on Thursday, April 17th instead of Friday, April 18th, as the Commission on Aging will be closed in observance of Good Friday.** |  |  | **28**  **9a-4:30p Footcare**  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | **29**  9a Zumba Gold A  10a Zumba Gold B  **11:30a Birthday Lunch**  12:30p Euchre  **2p Tai Chi with MSU-E** | **30**  10a Silver Sneakers  11a Blood Pressure Checks  12:30p Mahjong  **3:00p Geri-Fit** | **Pantry Bingo, originally scheduled for Friday, April 25th, has been moved to the Events Room on Monday, April 21st due to a scheduling conflict.** |  |
| **Light Bites**  Southwest Side Salad, Chicken Tortilla Soup, Kiwi | **Light Bites**  Turkey Sub, Minestrone Soup, Grapes | **Light Bites**  Side Chef Salad, Cheesy Potato Soup, Pear | **Light Bites**  Won Ton Soup, Mandarin Salad, Kiwi | **Light Bites**  Ham & Cheese Sub, Cabbage and White Bean Soup, Pineapple |  |  | |  |  |  |  |