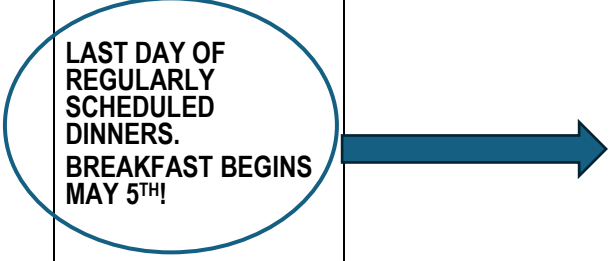


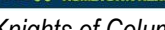



May 2025 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes and Gravy, Brussels Sprouts and Strawberries 4:30p-5:30p Dinner Chili with Beans, Broccoli and Cauliflower, Wheat Bread and Banana	2 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes and Gravy, Corn and Kiwi
5 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	6 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks	7 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  <i>AuSable Eye Care</i>	8 NO BREAKFAST 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Red Grapes Mother's Day Special Dinner 4:00p – 6:00 pm Roasted Pork Loin with Bacon & Onion Jam, Roasted Garlic Mashed Potatoes, Honey Glazed Carrots, and Strawberry Pie	9 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
12 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	13 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	14 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Fresh Orange  <i>Grayling Restaurant</i>	15 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	16 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Sloppy Joe on a Bun, Green Beans, Carrots, Four Berries Blend  <i>Knights of Columbus Council 1982</i>
19 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Alfredo, Sugar Snap Peas, Broccoli, Fresh Orange	20 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes  <i>Rev. Brian and Rev. Elizabeth Chace</i>	21 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Red Grapes, Pork Roast, Baked Potato, Green Beans	22 MEAL DAY 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Parmesan Cod, Brown Rice, Prince Charles Vegetable, Fresh Pear	23 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Cheese Ravioli, Asparagus, Italian Blend, Red Grapes
Closed for Memorial Day	27 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, Orange	28 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	29 Birthday Lunch 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes, Beef Gravy, Brussels Sprouts, Apple	30 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Chicken & Pepper Bake, Sourdough Roll, Apple
Light Bites – Dine in Only Bourbon Chicken, Sugar Snap Peas, Vegetable Egg Roll, Kiwi	Light Bites – Dine in Only Crab Cakes, Lemon Broccolini, Sourdough Roll, Tangerine Clementine	Light Bites – Dine in Only Italian Meatball Sub, Garden Salad, Apple Sauce	Light Bites – Dine in Only Mojo Chicken Bowl, Red Grapes	Light Bites – Dine in Only BBQ Chicken Flatbread, Garden Salad, Banana

May 2025 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3p Grayling Pharmacy Bingo	2 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit
5 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	6 9a Friends of a Feather Quilting Group 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2p Tai Chi with MSU-E 6p AuSable River Dixieland Band	7 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Hartwick Pines 12:30p Mahjong 3:00p Geri-Fit	8 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 4p-6p Mother's Day Special Dinner	9 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit
12 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	13 9a Housing Counseling 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2p Tai Chi with MSU-E 4:30p COA Board Meeting	14 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Camp AuSable 11a New to Medicare @ the Brook 12:30p Mahjong 3:00p Geri-Fit	15 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 1p Legal Assistance 2p-4p Caregiver Presentation	16 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit
19 9a-4:30p Footcare 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	20 9a Zumba Gold A 10a Zumba Gold B 2p Tai Chi with MSU-E 12:30p Euchre	21 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Gahagan Nature Preserve 12:30p Mahjong 3:00p Geri-Fit	22 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo	23 10a Memorial Day Presentation 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit
Closed for Memorial Day	27 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2p Tai Chi with MSU-E	28 10a NO SILVER SNEAKERS 10a Walk in the Woods @ Rayburns (M-72 E side) 12:30p Mahjong 2p-4p Commodities 3:00p Geri-Fit	29 9a Zumba Gold A 10a Zumba Gold B 11:30a Birthday Lunch 1p Penny Bingo	30 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo 3:00p Geri-Fit

