



# April 2022

Granby Council on Aging—Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 10 a.m. Easy Country Fitness  1 p.m. Fun Cards Group
<b>4</b> 10 a.m. Healthy Bones & Balance  1 p.m. Michigan Rummy	<b>5</b> 9:30 a.m. Coffee & Donut Social with Northwestern District Attorney's Office—Consumer Protection Unit  1 p.m. Quilting Group	<b>6</b> 10 a.m. Veterans Corner	<b>7</b> 10 a.m. Healthy Bones & Balance 11 a.m. -11:30 a.m. Blood Pressure Clinic 1 p.m. Centerpiece Craft: Bunny Vase	<b>8</b> 10 a.m. Easy Country Fitness  1 p.m. Fun Cards Group
<b>11</b> 10 a.m. Healthy Bones & Balance  1 p.m. Michigan Rummy	<b>12</b> 9:30 a.m. Stamp Collectors 1 p.m. Beaded Flag Safety Pin-making with Joan 4:15 p.m. Friends of Granby Elderly Meeting	<b>13</b> 10 a.m. Chair Yoga	<b>14</b> 10 a.m. Healthy Bones & Balance  1 p.m. Mason Jar Herb Planter	<b>15</b> 10 a.m. Easy Country Fitness 11 a.m. Monthly Shopping: Atikins Farms 1 p.m. Fun Cards Group
<b>18</b>  Patriots Day Senior Center Closed	<b>19</b> 11:30 a.m. Brown Bag Pick-up 1 p.m. Quilting Group 4p.m. Zumba Gold	<b>20</b> 9:30 a.m. COA Advisory Meeting	<b>21</b> 10 a.m. Healthy Bones & Balance  1 p.m. BINGO	<b>22</b> 10 a.m. Easy Country Fitness  1 p.m. Magician Rich Gilbert (\$3)
<b>25</b> 10 a.m. Healthy Bones & Balance Footcare Clinic by Appt. 1 p.m. Michigan Rummy 1 p.m. Adult Coloring	<b>26</b> 9:30 a.m. Stamp Collectors Mobile Food Van 11:30 a.m.—1 p.m. 4 p.m. Zumba Gold	<b>27</b> 10 a.m. Chair Yoga	<b>28</b> 10 a.m. Healthy Bones & Balance  1p.m. Tie Dye Party	<b>29</b> 10 a.m. Easy Country Fitness  1 p.m. Fun Cards Group

# April 2022

## Granby Council on Aging-Lunch Menu

<b>Monday</b>	<b>Thursday</b>	<b>Friday</b>
<p>Catered by WestMass ElderCare Please call for reservations at least 24 hours in advance at 467-3239 Suggest, confidential, voluntary donation \$2.25/meal</p>	<p>Served at 11:30 a.m. Monday, Thursday &amp; Friday All meals served with 1% milk</p>	<p>1 Vegetarian Chili Brown Rice, Cauliflower, Multigrain Bread &amp; Fruited Jello</p>
<p>4 Sloppy Joe Hamburger Roll, California Blend, Corn &amp; Mixed Fruit</p>	<p>7 Beef Stew with Peas &amp; Carrots, Mashed Potato, Mini Biscuit &amp; Pudding</p>	<p>8 Vegetarian Corn Chowder Crackers, Potato Pollock w/ Tar- tar, Confetti Rice, Peas, Oatmeal Bread &amp; Mixed Fruit</p>
<p>11 Orange-Cran Chicken Diced Butternut with Cinnamon, Spinach, Wheat Bread &amp; Pears</p>	<p>14 Roast Pork w/ Gravy Au Gratin Potatoes, Brussel Sprouts, Wheat Bread, &amp; Chocolate Cake</p>	<p>15 Broccoli Quiche Potatoes O'Brien, Carrots, Wheat Bread &amp; Peach Chiffon</p>
<p>18 Patriots Day Senior Center Closed</p>	<p>21 Ham w/ Raisin Sauce Sweet Potatoes, Collard Greens, Wheat Bread &amp; Applesauce</p>	<p>22 Roast Turkey with Maple Glaze Mashed Potato, California Blend, Wheat Bread &amp; Pudding</p>
<p>25 Chicken Dijon Sweet Potatoes, Mixed Vegeta- bles, Dinner Roll &amp; Pineapple</p>	<p>28 Pot Roast with Brown Gravy Oven Brown Potatoes, Carrots, Wheat Roll &amp; Baked Apple Crisp</p>	<p>29 Minestrone Soup Crackers, Stuffed Shells w/ Mari- nara, California Blend &amp; Tropical Fruit</p>

# April 2022

## Granby Council on Aging—Breakfast Menu

<b>Monday</b>	<b>Thursday</b>	<b>Friday</b>
<p>Pick up during our lunch hour. Delivered cold &amp; should be reheated the following morning. Monday, Thursday &amp; Friday</p>	<p>Catered by WestMass ElderCare Please call for reservations at least 24 hours in advance at 467-3239 Suggest, confidential, voluntary donation \$2.25/meal</p>	<p><b>1</b> Western Omelet 2 Slices Rye Bread, Canned Pineapple &amp; Milk</p>
<p><b>4</b> 8 French Toast Bites, 2 Sausage Patty, Orange Juice &amp; Yogurt</p>	<p><b>7</b> Chicken Sausage, Pancake, 1 Slice Rye Bread,, Milk &amp; mandarin Oranges</p>	<p><b>8</b> Tac-Go Egg &amp; Cheese, English Muffin, Orange juice &amp; Yogurt</p>
<p><b>11</b> Bagel w/ Cream Cheese, Hard Boiled Egg, Canned Pineapple &amp; Milk</p>	<p><b>14</b> French Toast Sticks, Sausage Link, Orange Juice &amp; Yogurt</p>	<p><b>15</b> Chicken Sausage, 2 Pancakes/ Waffles, Fresh Orange &amp; Milk</p>
<p><b>18</b>  <b>Patriots Day</b> <b>Senior Center Closed</b></p>	<p><b>21</b> Tac-Go Egg &amp; Cheese, Slice White Bread, Orange Juice &amp; Yo- gurt</p>	<p><b>22</b> Egg &amp; Cheese English Muffin Sandwich, Orange Juice &amp; Yogurt</p>
<p><b>25</b> French Toast Sticks, Sausage Links, Orange Juice &amp; Milk</p>	<p><b>28</b> Chicken Sausage, Waffle, Orange Juice &amp; Yogurt</p>	<p><b>29</b> Western Omelet, 2 Slices Rye Bread, Canned Pineapple &amp; Milk</p>