

# March 2023

## Granby Council on Aging Activity Calendar

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  |  | <b>1</b> 10 a.m. Veterans Corner<br><b>12:30 p.m. BINGO</b>                | <b>2</b> 10 a.m. Healthy Bones & Balance<br>11 a.m. BP Clinic<br><b>12 p.m. Sen. Oliveira's Office Hour</b><br><b>1 p.m. Craft: Pot of Gold</b> | <b>3</b> 10 a.m. Easy Country Fitness<br>1 p.m. Fun Cards Group  |
| <b>6</b> 9:30 Footcare clinic<br><b>12 p.m. St. Patty's Luncheon &amp; Sarah the Fiddler (RSVP Required)</b> | <b>7</b> 9:30 a.m. Coffee & Donuts w/ Terri Johnson<br>1 p.m. Quilting Group      | <b>8</b> 10 a.m. Chair Yoga<br>1 p.m. Cross-stitching Group                | <b>9</b> 10 a.m. Healthy Bones & Balance<br>11 a.m. FOGE Info Table<br><b>12:30 p.m. Senior Medicare Patrol Program</b>                         | <b>10</b> 10 a.m. Easy Country Fitness<br>1 p.m. Fun Cards Group |
| <b>13</b> 10 a.m. Healthy Bones & Balance  | <b>14</b> 4:15 p.m. F.O.G.E Meeting   | <b>15</b> 9:30 a.m. COA Advisory Meeting<br><b>1 p.m. Sunshine Village</b> | <b>16</b> 10 a.m. Healthy Bones & Balance   | <b>17</b> 10 a.m. Easy Country Fitness<br>1 p.m. Fun Cards Group |
| <b>20</b> 10 a.m. Healthy Bones & Balance<br>1 p.m. Stamp Collectors   | <b>21</b> 11 a.m. Brown bag pick-up<br>1 p.m. Quilting Group                      | <b>22</b> 10 a.m. Chair Yoga<br>1 p.m. Cross-stitching Group               | <b>23</b> 10 a.m. Healthy Bones & Balance<br><b>12:45 p.m. Movie: Mrs. Harris Goes to Paris</b>   | <b>24</b> 10 a.m. Easy Country Fitness<br>1 p.m. Fun Cards Group |
| <b>27</b> 10 a.m. Healthy Bones & Balance<br><b>12:15 WMEC Nutrition Presentation</b>                        | <b>28</b> 11 a.m. Produce Bag Pick-up   | <b>29</b> 1 p.m. Craft; Bunny & Egg Wreath                                 | <b>30</b> 10 a.m. Healthy Bones & Balance   | <b>31</b> 10 a.m. Easy Country Fitness<br>1 p.m. Fun Cards Group |

# March 2023

## Granby Council on Aging Lunch Menu

| <b>Monday</b>   | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  |
|---|--|---|--|
| <p>Served at 11:30 a.m. Monday, Wednesday, Thursday &amp; Friday. All meals served with 1% milk. Catered by WestMass ElderCare. Please call for reservations at least 24 hours in advance at 467-3239. Suggested, confidential, voluntary, donation \$2.50/meal</p> | <p><b>1</b> Beef Burgundy, Butternut Squash &amp; Cinnamon, Cauliflower, Wheat Roll &amp; Spiced Pears</p> | <p><b>2</b> Homemade Meatloaf, Brown Gravy, Garlic Mashed Potatoes, Wax Beans, Whole Wheat Bread &amp; Birthday Cake</p>                                      | <p><b>3</b> Vegetarian Vegetable Soup w/ Crackers, Jumbo Ravioli Florentine, Brussels Sprouts, Wheat Bread &amp; Chocolate Chip Cookie</p> |
| <p><b>6</b><br/><br/>12 p.m. St. Patty's Luncheon &amp; Sarah the Fiddler (RSVP Required) - at capacity</p>   | <p><b>8</b> Breaded Chicken Parmesan, Pasta w/ Marinara, Italian Blend Veg, Garlic Bread &amp; Pears</p>   | <p><b>9</b> Irish Stew, Cabbage &amp; Carrots, Steamed Red Bliss Potatoes, Light Wheat Bread &amp; Pistachio Pudding w/ Whip Cream</p>                        | <p><b>10</b> Crab Cake, California Blend Veg, Brown Rice Pilaf, Wheat Bread &amp; Bread Pudding</p>  |
| <p><b>13</b> Lazy Golumpki, Tomatoes &amp; Zucchini, Oatnut Bread &amp; Peaches</p>   | <p><b>15</b> Mongolian Pork Chopette, White Rice, Stir Fried Vegetables, Wheat Bread &amp; Pear</p>        | <p><b>16</b> Beef Barley Veg. Soup w/ Crackers, Cold Roast Turkey Sandwich, Mustard/Mayo, Greens Beans w/ Bacon &amp; Onions, Kaiser Roll &amp; Pineapple</p> | <p><b>17</b> Veggie Chili w/ Shredded Cheese, Brown Rice, Cauliflower, Corn Muffin &amp; Peach Cobbler w/ Whip Cream</p>                   |
| <p><b>20</b> Sloppy Joe, Hamburger Roll, California Blend, Corn &amp; Mixed Fruit</p>   | <p><b>22</b> Cheese Pizza, Green Beans, Winter Blend Veg, Wheat Bread &amp; Fresh Fruit</p>                | <p><b>23</b> Beef Stew w/ Cubed Beef on Peas &amp; Carrots, Scalloped Potatoes, Mini Biscuit &amp; Pudding w/ Whip</p>  | <p><b>24</b> Vegetarian Minestrone w/ Crackers, Potato Pollock w/ Tartar, broccoli, Oatnut Bread &amp; Brownie</p>                         |
| <p><b>27</b> Chicken Patty w/ Orange-Cran Sauce, Yams w/ Cinnamon, Spinach, Wheat Bread &amp; Pears</p>   | <p><b>29</b> Chicken &amp; Dumpling, Green Beans, Mini Biscuit &amp; Peaches</p>                           | <p><b>30</b> Roast Pork w/ Gravy, Au Gratin Potatoes, Brussels Sprouts, Whole Wheat Bread &amp; Angel Food Cake</p>   | <p><b>31</b> Unbreaded Salmon w/ Latino Sauce, White Rice, Carrots, Wheat Bread &amp; Peach Chiffon w/ Whip</p>                            |