



# May 2023

## Granby Council on Aging Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> 10 a.m. Healthy Bones &amp; Balance <b>Footcare Clinic</b> 1 p.m. Pitch</p>	<p><b>2</b> 9:30 a.m. <b>Coffee &amp; Donuts: Prosper at Monastery Heights</b> 1 p.m. Quilting Group</p>	<p><b>3</b> 9:30 a.m. Veterans Corner <b>12:30 p.m. BINGO</b></p>	<p><b>4</b> 10 a.m. Healthy Bones &amp; Balance 11 a.m. BP Clinic <b>11:30 a.m. Lunch &amp; Learn</b> 12 p.m. Sen. Oliveira's Office Hour</p>	<p><b>5</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p><b>8</b> 10 a.m. Healthy Bones &amp; Balance 1 p.m. Stamp Collectors 1 p.m. Pitch</p>	<p><b>9</b> 11 a.m. <b>Lunch Outing: Tables at the Farm</b> 4:15 p.m. FOGE Meeting (Public Safety Complex)</p>	<p><b>10</b> 10 a.m. Chair Yoga <i>Volunteer Dinner</i></p>	<p><b>11</b> 10 a.m. Healthy Bones &amp; Balance 11 a.m. FOGE Info Table <b>12:45 p.m. Movie: 80 For Brady</b></p>	<p><b>12</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p><b>15</b> 10 a.m. Healthy Bones &amp; Balance <b>Footcare Clinic</b> 1 p.m. Pitch</p>	<p><b>16</b> 11 a.m. Brown Bag Pick up 1 p.m. Quilting Group</p>	<p><b>17</b> 9:30 a.m. COA Advisory Meeting <b>1 p.m. Sunshine Village: Q-tip Dandelion Painting</b></p>	<p><b>18</b> 10 a.m. Healthy Bones &amp; Balance <b>1 p.m. Afternoon Tea Party</b></p>	<p><b>19</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p><b>22</b> 10 a.m. Healthy Bones &amp; Balance 1 p.m. Stamp Collectors 1 p.m. Pitch</p>	<p><b>23</b> 11 a.m. Produce Bag Pick up</p>	<p><b>24</b> 1 p.m. Cross- Stitching</p>	<p><b>25</b> 10 a.m. Healthy Bones &amp; Balance</p>	<p><b>26</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p><b>29</b> CLOSED </p>	<p><b>30</b> <b>1 p.m. Craft: Pressed Flower Lanterns</b></p>	<p><b>31</b> 10 a.m. Chair Yoga</p>		

# May 2023

## Granby Council on Aging Lunch Menu

<b>Monday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b> Crab Cake, Tartar Packet, Warm Lemon Chickpea Salad, Buttered Corn, Corn Bread & Clementine	<b>3</b> Cobb Salad w/ Egg, Cheese, Diced Chicken, Bacon, Ranch Dressing, Potato Salad, W. Wheat Bread & Pineapple	<b>4</b> BBQ Ribette, Au Gratin Potatoes, Cali Blend Veg, Oatnut Bread, & Pudding w/ Whip	<b>5</b> Broccoli Cheese Quiche, Peas & Pearl Onions, Wheat Bread, Tater Tots & Brownie
<b>8</b> Chicken Pieces w/ Marsala, Buttered Ziti, Peas & Carrots, Whole Wheat Bread & Peaches	<b>10</b>  <b>No Lunch Today</b>	<b>11</b> Homemade Meatloaf w/ Gravy, Mashed Potatoes, Corn, Wheat Bread, & Birthday Cake	<b>12</b> Veg Barley Soup w/ Crackers, Salmon w/ Sauce, Broccoli, Wheat Roll & Fresh Fruit
<b>15 High Sodium Meal</b> Hot Dog & Hot Dog Roll, Ketchup, Mustard, Relish, Vegetarian Baked Beans, Mixed Veg & Fresh Orange	<b>17</b>  <b>Pizza &amp; salad from a local shop! (\$2.50)</b>	<b>18</b> BBQ Pork Loin, Mac & Cheese, Buttered Corn, Cornbread & Tropical Fruit	<b>19</b> Tossed Salad w/ Italian Dressing Sandwich Bar: Turkey, Swiss, Mayo, Mustard, Bulky Roll & Swiss Roll
<b>22</b> Meatball Sub w/ Mozzarella & Sauce, Peas & Pearl Onions, Tater Tots, Sub Roll & Canned Tropical Fruit	<b>24</b> Diced Chicken w/ Teriyaki Sauce, Mashed Potatoes, Oriental Blend Veg, Whole Wheat Bread & Yogurt	<b>25</b> Sliced Turkey w/ Gravy, Sweet Potatoes, Brussels Sprouts, Wheat Bread & Fresh Fruit	<b>26 Cold Plate</b> Seafood Salad, Confetti Cole-slaw, Ziti Broccoli Salad & Jello Poke Cake
<b>29</b> No Meal Service 	<b>31</b> Chicken Noodle Soup w/ Crackers, Eggplant Parmesan w/ Sauce, Cavatappi, Oatnut Bread & Fresh Clementine	Served at 11:30 a.m. Monday, Wednesday, Thursday & Friday. All meals served with 1% milk. Catered by West-Mass ElderCare.	Please call for reservations at least 24 hours in advance at 467-3239. Suggested, confidential, voluntary, donation \$2.50/meal