



# June 2023

## Granby Council on Aging Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Tech Support with Arleen returns! She is available Every other Thursday evening & Saturday morning by appointment starting 6/15.			<b>1</b> 10 a.m. Healthy Bones & Balance 11 a.m. BP Clinic <b>12 p.m. Sen. Oliveira's Office Hour</b>	<b>2</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group
<b>5</b> 10 a.m. Healthy Bones & Balance Footcare Clinic 1 p.m. Pitch 1 p.m. Stamp Collectors	<b>6</b> 1 p.m. Quilting Group	<b>7</b> 9:30 a.m. Veterans Corner <b>12:30 p.m. BINGO</b>	<b>8</b> 10 a.m. Healthy Bones & Balance 11 a.m. FOGE Info Table	<b>9</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group
<b>12</b> 10 a.m. Healthy Bones & Balance 1 p.m. Pitch	<b>13</b> <b>11 a.m. Lunch Outing: Johnny's</b> 4:15 p.m. FOGE Meeting (Pub. Safety Comp.)	<b>14</b> NO Chair Yoga 1 p.m. Cross-stitching group	<b>15</b> 10 a.m. Healthy Bones & Balance <b>12:30 p.m. Premier Swing Band ' Name that TV theme'</b>	<b>16</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group
<b>19</b> <b>Closed</b> 	<b>20</b> 11 a.m. Brown Bag Pick-up 1 p.m. Quilting Group	<b>21</b> 9:30 a.m. COA Advisory Meeting <b>1 p.m. Sunshine Village: Lady Bug Door Hangar</b>	<b>22</b> 10 a.m. Healthy Bones & Balance <b>12:45 p.m. Movie: 5 Flights Up</b>	<b>23</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group
<b>26</b> 10 a.m. Healthy Bones & Balance 1 p.m. Pitch	<b>27</b> 11 a.m. Produce Bag Pick-up	<b>28</b> 10 a.m. Chair Yoga 1 p.m. Cross-stitching group	<b>29</b> 9-11:30 a.m. WMEC Nutrition volunteer training(offsite) 10 a.m. HB&Balance	<b>30</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group

# June 2023

## Granby Council on Aging Lunch Menu

Monday	Wednesday	Thursday	Friday
<p>Served at 11:30 a.m. Monday, Wednesday, Thursday &amp; Friday. All meals served with 1% milk. Catered by WestMass ElderCare.</p>	<p>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> Pork w/ Creamy Garlic Sauce, Baked Potato, California Blend Veg, Wheat Roll &amp; Fruit Buckle</p>	<p><b>2</b> Egg Salad, German Potato Salad, Carrot Raisin Salad, Wheat Roll &amp; Fruited Jello w/ Whip</p>
<p><b>5</b> Diced Chicken &amp; Cran Salad, Macaroni Salad, Three Bean Salad, Wheat Bread &amp; Pineapple</p>	<p><b>7</b> Veal Chopette w/ Country Gravy, Broccoli, Steamed Red Bliss Potatoes, Rye Bread &amp; Mixed Fruit</p>	<p><b>8</b> Minestrone Soup w/ Crackers, Roast Turkey w/ Gravy, Mashed Potatoes, Wheat Roll &amp; Cookie</p>	<p><b>9</b> Fish Taco w/ Breaded Pollock, Yellow Rice, Flour Tortilla, Tartar Sauce, Cilantro Line Coleslaw, Berry Shortcake w/ Whip</p>
<p><b>12</b> Meatballs w/ Sweet &amp; Sour, Oriental Blend Veg, White Rice, Mixed Fruit &amp; Oatnut Bread</p>	<p><b>14</b> Shepherd's Pie w/ Gravy, Carrots, Whole Wheat Bread &amp; Fresh Fruit</p>	<p><b>15</b> Veg. Barley Soup w/ Crackers, Pot Roast w/ Gravy, Tuscan Blend Veg, Rye Bread &amp; Birthday Cake</p>	<p><b>16</b> Salmon w/ Creamy Dill Sauce, Florentine Rice, Stewed Tomatoes, Wheat Bread &amp; Fruited Jello w/ Whip</p>
<p><b>19</b> <b>Closed</b></p> 	<p><b>21</b> Breaded Chicken Bites w/ Honey Glaze, Spinach, Red Bliss Potatoes, Mini Biscuit &amp; Fresh Clementine</p>	<p><b>22</b> Baked Ham, Pineapple Sauce, Sweet Potatoes, Brussels Sprouts, Applesauce &amp; Wheat Bread</p>	<p><b>23</b> Mac &amp; Cheese, Stewed Tomatoes, Wheat Bread &amp; Key Lime Chiffon</p>
<p><b>26</b> Crab Cake w/ Tartar, Warm Lemon Chickpea Salad, Summer Squash Blend, Cornbread &amp; Clementine</p>	<p><b>28</b> Pizza &amp; salad from a local shop (\$2.50) - Noon</p> 	<p><b>29</b> BBQ Ribette, Au Gratin Potatoes, Cali Blend, Oatnut Bread, Pudding w/ Whip</p>	<p><b>30</b> Broccoli Cheese Quiche, Peas &amp; Pearl Onions, Wheat Bread, Tater Tots &amp; Brownie</p>