

August 2023

Granby Council on Aging Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>9:30 a.m.</p> <p>1 p.m. Quilting Group</p>	<p>2 9:30 a.m. Veterans Corner</p> <p>12:30 p.m. BINGO</p>	<p>3 10 a.m. Healthy Bones & Balance</p> <p>11 a.m. BP Clinic</p> <p>12 p.m. Sen. Oliveria's Office Hour</p>	<p>4 10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p>
<p>7 10 a.m. Healthy Bones & Balance</p> <p>1 p.m. Stamp Collectors</p> <p>1 p.m. Pitch</p>	<p>8 11 a.m. Lunch Out: Schermerhorn's</p> <p>4:15 FOGE Meeting (public safety complex)</p>	<p>9 10 a.m. Chair Yoga</p> <p>1 p.m. Cross-stitching Group</p>	<p>10 10 a.m. Healthy Bones & Balance</p> <p>11 a.m. FOGE Table</p> <p>1 p.m.</p>	<p>11</p> <p>No Easy Country Fitness this week</p> <p>1 p.m. Fun Cards Group</p>
<p>14 10 a.m. Healthy Bones & Balance</p> <p>1 p.m. Pitch</p>	<p>15</p> <p>11 a.m. Brown Bag Pick-up</p> <p>1 p.m. Quilting Group</p>	<p>16</p> <p>9:30 a.m. COA Advisory Meeting</p> <p>1 p.m. Sunshine Village</p>	<p>17 10 a.m. Healthy Bones & Balance</p> <p>12:45 p.m. Movie – Ticket to Paradise</p>	<p>18 10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p>
<p>21 10 a.m. Healthy Bones & Balance</p> <p>1 p.m. Stamp Collectors</p> <p>1 p.m. Pitch</p>	<p>22 11 a.m. Produce Bag Pick-up</p> <p>1:15 Armbrook Village Healthy diet—Part 1</p>	<p>23 10 a.m. Chair Yoga</p> <p>1 p.m. Cross-stitching Group</p>	<p>24 10 a.m. Healthy Bones & Balance</p> <p>1-2:30 p.m. Ukulele Workshop</p>	<p>25 10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p>
<p>28 10 a.m. Healthy Bones & Balance</p> <p>Footcare Clinic</p> <p>1 p.m. Pitch</p>	<p>29 10:30 a.m.-Financial literacy & fraud education—Freedom C.U.</p> <p>11:45—PIZZA Day!</p>	<p>30</p> <p>1 p.m. Craft</p>	<p>31 10 a.m. Healthy Bones & Balance</p>	

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Granby Council on Aging Lunch Menu

Monday	Wednesday	Thursday	Friday
Served at 11:30 a.m. Monday, Wednesday, Thursday & Friday. All meals served with 1% milk. Catered by WestMass ElderCare.	2 Cheeseburger, Tater Tots, Wax Beans, Ketchup, Mayo, Fresh Fruit	3 Vegetable Soup, Crackers, Roast Turkey w/ Gravy, Mashed Potatoes, White Bread, Cookie/ SF Cookie—High Sodium Meal	4 Fish Taco with Breaded Pollock, Yellow Rice, Flour Tortilla, Cilantro Lime Coleslaw, Berry Shortcake & Whip /Pears
7 Meatballs w/ Sweet & Sour Oriental Glaze, Blend Veg, White Rice, Mixed Fruit, Oatnut Bread	9 Shepherd's Pie, w/ Gravy, Carrots, Fresh Fruit, Whole Wheat Bread	10 Tomato Rice Soup, Crackers, Pot Roast w/ Gravy, Tuscan Blend Veg, Rye Bread, Birthday Cake/ Angel Food Cake	11 Lazy Golumpki, Broccoli, Wheat Bread, Fruited Jello w/ Whip, /SF
14 Tuna Noodle Casserole, Peas & Carrots, Whole Wheat Bread, Yogurt	16 Breaded Chicken Bites w/ Honey Glaze, Spinach, Red Bliss Potatoes, Mini Biscuit, Fresh Clementine	17 Bked Ham w Pineapple Sauce, Sweet Potatoes, Brussels Sprouts, Applesauce, Oatnut Bread	18 Mac & Cheese, Stewed Tomatoes, Wheat Bread, Key Lime Chiffon/ SF Jello
21 Crab Cake , Tartar Packet, Warm Lemon Chickpea Salad, Summer Squash Blend, Cornbread, Fresh Fruit	23 Cobb Salad w/ Egg, Cheese, Diced Chicken, Bacon , Ranch Drsg. Potato Salad, Whole Wheat Bread, Pineapple	24 BBQ Ribette, Au Gratin Potatoes, Cali. Blend , Oatnut Bread, Pudding/ SF Pudding	25 Broccoli Cheese Quiche, Peas & Pearl Onions, Wheat Bread,, Tater Tots, Brownie/ SF Cookie –High Sodium Meal
28 Grilled Chicken w/ Marsala, Buttered Ziti, Peas & Carrots, Whole Wheat Bread, Canned Peaches	30 Blueberry Baked French Toast, 2 Sausage Links, Orange Juice, Pineapple,) Yogurt -Breakfast for Lunch	31 Homemade Meatloaf , Gravy, Mashed Potatoes, Corn, Wheat Bread, Birthday Cake/ Angel Food Cake	Please call for reservations at least 24 hours in advance at 467-3239. Suggested, confidential, voluntary, donation \$2.50/meal