



July 2023

Granby Council on Aging Activity Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 3 9:30 a.m. Footcare 10 a.m. Healthy Bones & Balance 12:30 R Tincknell "This Land is Your Land" | 4  Closed | 5 9:30 a.m. Veterans Corner 12:30 p.m. BINGO | 6 10 a.m. Healthy Bones & Balance 11 a.m. BP Clinic 12 p.m. Sen. Oliveira | 7 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group |
| 10 10 a.m. Healthy Bones & Balance 1 p.m. Pitch | 11 11 a.m. Lunch Out—Krazy Jakes Wilbraham 4:15 p.m. FOGE Meeting | 12 10 a.m. Chair Yoga 1 p.m. Cross-stitching group | 13 10 a.m. Healthy Bones & Balance 1 p.m. Ice cream social. Music by Just Len Sponsored by The Arbors | 14 <u>No</u> Easy Country Fitness class this week 1 p.m. Fun Cards Group |
| 17 10 a.m. Healthy Bones & Balance 1 p.m. Pitch 1 p.m. Stamp Collectors | 18 11 a.m. Brown Bag Pick-up 1 p.m. Quilting Group | 19 9:30 a.m. COA Advisory Meeting 1 p.m. Sunshine Village | 20 10 a.m. Healthy Bones & Balance 1 p.m. Craft —salt shaker | 21 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group |
| 24 10 a.m. Healthy Bones & Balance 1 p.m. Pitch | 25 11 a.m. Produce Bag Pick-up | 26 10 a.m. Chair Yoga 1 p.m. Cross- Stitching | 27 10 a.m. Healthy Bones & Balance 12:30 p.m. Movie: Saving Mr. Banks | 28 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group |
| 31 9:30 a.m. footcare 10 a.m. Healthy Bones & Balance 1 p.m. Pitch | | | | |

July 2023

Granby Council on Aging Lunch Menu

| Monday | Wednesday | Thursday | Friday |
|--|--|---|---|
| 3 Grilled Chicken w/ Marsala, Buttered Ziti, Peas & Carrots, Whole Wheat Bread, Canned Peaches | 5 Potato Chowder, Crackers, Salmon with Sauce, Broccoli, Wheat Roll, Fresh Fruit | 6 Homemade Meatloaf w/ Gravy, Mashed Potatoes, Corn, Wheat Bread, Birthday Cake | 7 Blueberry Baked French Toast, 2 Sausage Links, Orange Juice, Pineapple, Yogurt |
| 10 Hot Dog* Hot Dog Roll, Ketchup, Mustard, Relish, Vegetarian Baked Beans, Mixed Veg.—*HIGH SODIUM | 12 Seafood Newburg, Noodles, Tuscan Style Veg, Oatnut Bread, Fresh Fruit | 13 BBQ Pork Loin, Mac & Cheese, Carrots, Cornbread, Tropical Fruit | 14 Tossed Salad, French Drsg, Sandwich Bar: Turkey, Swiss, Mayo, Mustard, Tomato Salad, Bulky Roll, Swiss Roll |
| 17 Meatball Sub w/ Mozz & Sauce, Peas & Pearl Onions, Tater Tots, Sub Roll, Canned Tropical Fruit | 19 Grilled Chicken, Teriyaki Sauce* Mashed Potatoes, Oriental Blend Veg White Bread, Yogurt - *HIGH SODIUM | 20 Sliced Turkey w/ Gravy, Sweet Potatoes, Brussels Sprouts, Wheat Bread, Fresh Fruit | 21 Seafood Salad, Confetti Coleslaw, Ziti Broccoli Salad, Wheat bread, Jello Poke Cake—COLD PLATE |
| 24 Diced Chicken Tetrazzini,* White Rice, Wax Beans, Applesauce, White bread | 26 PIZZA DAY—from a local shop! \$2.50  | 27 Pork w/ Crmy Garlic Sauce, 1/2 Baked Potato, Sour Cream, Calif. Blend Veg, Wheat Roll, Fruit Buckle w/ Whip | 28 Egg Salad, German Potato Salad, Carrot Raisin Salad, Wheat Roll, Fruited Jello w/ Whip—COLD PLATE |
| 31 Diced Chicken & Cran Salad, Macaroni Salad, 3 Bean Salad, Whole Wheat Bread, Pineapple —COLD PLATE | Served at 11:30 a.m. Monday, Wednesday, Thursday & 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 | |