


September 2023

Granby Council on Aging Activity Calendar

Mon	Tue	Wed	Thu	Fri
				1 10 a.m. Easy Country Fitness 1 p.m. Fun Cards
4 Closed for Labor Day Holiday	5 1 p.m. Quilting Group	6 9:30 a.m. Veterans Corner – Nicolette Slezak, Exec. Office of Veterans Services 12:30 p.m. BINGO	7 10 a.m. HB&Balance 11 a.m. BP Clinic 12pm MA Legistl. Office Hr 1pm—Old Time Radio Shows	8 10 a.m. Easy Country Fitness 1 p.m. Fun Cards
11 10 a.m. Healthy Bones & Balance 12:00 WMEC Nutrition talk 1 p.m. Pitch	12 11a.m. Lunch Out—Barstow’s, Hadley 4:15 FOGE Meeting	13 10 a.m. Chair Yoga 11-2 F.O.G.E Picnic (no lunch today—Center closed 12-1 p.m.) 1 p.m. Cross Stitching	14 10 a.m. Healthy Bones & Balance 2:15 Cooking Demo—Healthy Diet, H, Armbrook Village	15 10 a.m. Easy Country Fitness 1 p.m. Fun Cards
18 10 a.m. Healthy Bones & Balance 1 p.m. Pitch 1 p.m. Stamp Collectors	19 11 a.m. Brown Bag Pick-up 1 p.m. Quilting Group	20 10 a.m. Chair Yoga 12:30 p.m. BINGO	21 10 a.m. Healthy Bones & Balance 12:30 p.m. Movie – The Illusionist	22 10 a.m. Easy Country Fitness 1 p.m. Fun Cards <i>Autumn arrives—></i>
25 9:30-Foot care 10 a.m. HB&Balance 11:45 –PIZZA Day! 1 p.m. –Magic Show w/ Rich Gilbert	26 11 a.m. Produce Bag Pick-up	27 9:30 a.m. COA Advisory Meeting 1 p.m. Cross Stitching	28 10 a.m. Healthy Bones & Balance 12:30 CRAFT—Paint a Jack-o-lantern	29 10 a.m. Easy Country Fitness 1 p.m. Fun Cards

September 2023

Granby Council on Aging Lunch Menu

Mon	Wed	Thu	Fri
			1 Corn Chowder w/ Crackers, Salmon w/Sauce, Broccoli, Wheat Roll, Fresh Fruit
4 Closed - Labor Day Holiday	6 Seafood Newburg w/ Noodles, Tuscan Style Veg, Oatnut Bread, Fresh Fruit	7 BBQ Pork Loin, Mac & Cheese, Carrots, Cornbread, Tropical Fruit	8 Tossed Salad, French Drsg, Sandwich Bar: Turkey, Swiss, Mayo, Mustard, on Bulky Roll, Tomato Salad, Swiss Roll / SF Cookie
11 Meatball Sub w/ Mozz & Sauce on Sub Roll, Peas & Pearl Onions, Potato Wedges & Ketchup, Canned Tropical Fruit	13 No Lunch Today - F.O.G.E. Snr Picnic, Dufresne Park, 11a.m.-2p.m. \$3 per person	14 Sliced Turkey w/ Gravy, Mashed Potatoes, Brussels Sprouts, Whole Wheat Bread , Fresh Fruit	15 Seafood Salad, Confetti Cole-slaw, Ziti Broccoli Salad, Jello Poke Cake w/ Whip/SF Angel Food Cke
18 Diced Chicken Tetrzzini, White Rice, Wax Beans, Applesauce	20 Split Pea & Ham Soup, Crackers Chicken Parmesan w/ LS Sauce, Cavatappi, Oatnut Bread, Fresh Clementine	21 Pork w/ Crmy. Garlic Sauce, Baked Potato, Sour Cream, California Blend Veg, Wheat Roll, Fruit Buckle w/ Whip	22 Egg Salad, German Potato Salad, Carrot Raisin Salad, Wheat Roll, Fruited Jello w/ Whip
25 11:45 a.m.- Our PIZZA DAY! 	27 Cheeseburger w/low Sodium Cheese, Tater Tots, Wax Beans, Hamb. Bun, Ketchup, Mayo, Fresh Fruit,	28 Chick. Noodle Soup w/ Crackers Roast Turkey w/ Gravy, Mashed Potatoes, White Bread, Cookie	29 Fish Taco w/ Breaded Pollock , Yellow Rice, Cilantro Lime Coleslaw, Berry Shortcke & Whip/Pears