


DECEMBER 2023

Granby Council on Aging Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4:10 a.m. Healthy Bones & Balance</p> <p>1 p.m. Stamp Collectors</p> <p>1p.m. Pitch</p> <p>11 10 a.m. Healthy Bones & Balance</p> <p>1 p.m. Pitch</p> <p>7p.m. Special Town Mtg, E Meadow School</p> <p>18 9:30am Footcare Clinic</p> <p>10 a.m. Healthy Bones & Balance</p> <p>1 p.m. Stamp Collectors</p> <p>1 p.m. Pitch</p> <p>25</p> <p style="text-align: center;"> CLOSED </p>	<p>5</p> <p>1 p.m. Quilting Group</p> <p>12</p> <p>1 p.m. special Quilters Guild-Craft: Scandinavian Star fabric Ornament</p> <p>19</p> <p>11 a.m. Brown Bag Pick-up</p> <p>1 p.m. Quilting Group</p> <p>26</p> <p>11 a.m. Produce bag</p>	<p>6 9:30 a.m. Veterans Corner</p> <p>12:45 p.m. BINGO</p> <p>13 10 a.m. Chair Yoga</p> <p>1 p.m. Cross- Stitching Group</p> <p>20</p> <p>12:45 p.m. Holiday BINGO</p> <p>27 10 a.m. Chair Yoga</p> <p>1 p.m. Cross- Stitching Group</p>	<p>7 10 a.m. HBB</p> <p>11a.m. BP Clinic</p> <p>1 p.m. MA Legis. Office Hr, (new time)</p> <p>14 10 a.m. HBB</p> <p>1pm Movie & Hot cocoa— (The Original) Miracle on 34th Street</p> <p>21</p> <p>A Holiday Medley by The Blue Ribbon Singers (1pm)</p> <p>28 10 a.m. Healthy Bones & Balance</p>	<p>1</p> <p>10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p> <p>8</p> <p>10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p> <p>15 10 a.m. Easy Country Fitness</p> <p>Last Day for Giving Tree!</p> <p>1 p.m. Fun Cards Group</p> <p>22 10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p> <p>29 10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p>

DECEMBER 2023

Granby Council on Aging
Lunch Menu **at Noon**

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now served at <u>12 p.m.</u> Monday, Wednesday, Thursday & Friday All meals served with 1% milk</p> <p>4 Lazy Golumpki, Tomatoes & Zucchini, Oatnut Bread, Peaches</p> <p>11 Grilled Chicken Breast, w Orange Cran Sauce, Yams w/ Cinnamon, Spinach, Wheat Roll, Pineapple</p> <p>18 Grilled Chicken Breast, w Gravy , Stuffing, Carrots, Whole Wheat Bread,, Fresh Orange</p> <p>25 CLOSED</p> 	<p>Catered by WestMass ElderCare Please call for reservations at least 24 hours in advance at 467-3239 Suggested, confidential, voluntary, donation \$2.50/meal</p> <p>6 Runaway Bay Jerk Grill Chicken pcs, Roasted Red Potatoes , Scandi Veg Blend, Wheat Roll, Mango</p> <p>13 Chicken Strips w/ Marsala, Herbed Ziti, Ital. Blend Veggies, Warm Garlic Bread, Swiss Roll/ SF Cookie</p> <p>20 Italian Diced Chicken Parm, Spaghetti w/ LS Marinara, Ital. Blend Veggies, Garlic Bread , Pears</p> <p>27 Unbreaded Salmon w/LS Latino Salmon Sauce, Spinach, White Rice Multigrain Bread, Mango</p>	<p>7 Roast Turkey, w/ Gravy, Mash. Potatoes, Green Beans, Whl Wheat Bread, Cookie/ SF Cookie</p> <p>14 Beef Stew with Cubed Beef on Peas & Carrots, Scalloped Potatoes Rye Bread, Pudding w/ Whip / SF Pudding</p> <p>21 Holiday Meal from the Selectboard! Serving at 11:45 a.m. (takeout 11:15) Catered by Hammel's. Call 467-7177 to register by 12/14. For Granby seniors.</p> <p>28 Homemade Meatloaf w/ Gravy, Garlic Mash Potatoes, Carrots, Oatmeal Crm Cookie/ SF Cookie</p>	<p>1 Veg Beef Barley Soup, LS Crck-ers, Pot Roast w/Gravy, Winter Mix Veg., Rye Bread, Birthday Cake/ Angel Fd. Cake.</p> <p>8 Hearty Veg. Bean Soup, Jumbo Ravioli, Florentine Sauce, Brussels Sprouts , Multigrain Bread, Fruited Jello w/ Whip</p> <p>15 Butternut Mac & Cheese, Broccoli, Oatnut Bread, Tropical Fruit</p> <p>22 Crab Cake, Tartar Sauce, Sweet Potatoes, Tuscan Blend Veggies, Cornbread Loaf, Applesauce</p> <p>29 Diced Chicken with LS Fricassee Sauce, Swt Potatoes, Green Beans, Whl Wheat Bread, Fresh Orange</p>