




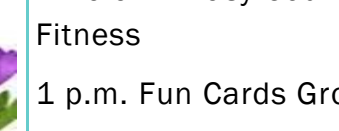


# MARCH 2024

## Granby Council on Aging Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>4</b> 10 a.m. Healthy Bones &amp; Balance 1p.m. Pitch <b>1p.m. Stamp Collectors</b></p> <p><b>11</b> 10 a.m. Healthy Bones &amp; Balance 1p.m. <b>Celtic Band—Banish Misfortune</b></p>  <p><b>18–</b> 10 a.m. HB&amp;B Noon-1p.m.-WMEC Cardiac Nutrition 1p.m. Pitch/ <b>Stamp Collectors</b></p> <p><b>25</b> 10 a.m. Healthy Bones &amp; Balance 1p.m. Pitch</p>	 <p><b>5 9:30 Vanpool Coffee &amp; Mt Holyoke Bulb show</b> <b>10a.m. HBB</b></p> <p><b>1 p.m. Quilting Group</b></p> <p><b>12 10a.m. HBB</b></p> <p><b>19 10a.m. HBB</b></p> <p><b>11 a.m. Brown Bag Pick-up</b> <b>1 p.m. Quilting Group</b> <b>11:09 p.m.-Vernal Equinox!</b></p> <p><b>26 10a.m. HBB</b></p> <p><b>11 a.m. Produce bag</b></p>	 <p><b>6</b> 9:30 a.m. Veterans Corner 12:45 p.m. BINGO</p> <p><b>13</b> 10 a.m. Chair Yoga 1 p.m. Cross- Stitching</p> <p><b>20 9:30 COA Board Mtg</b> 12:45 p.m. BINGO</p> <p><b>27</b> 10 a.m. Chair Yoga 1 p.m. Cross- Stitching Group</p>	 <p><b>7</b> 10 a.m. HBB 11a.m. BP clinic <b>12:45 Movie: Waking Ned Devine</b></p> <p><b>14</b> 10 a.m. HBB <b>1p.m.Craft: Easter-Spring craft</b></p> <p><b>21</b> 10 a.m. HBB <b>12:30-3:30 HNE Medicare Info session</b></p> <p><b>28</b> 10 a.m. HBB</p>	 <p><b>1</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p> <p><b>8</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p> <p><b>15</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p> <p><b>22</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p> <p><b>29 Good Friday</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>

# MARCH 2024

Granby Council on Aging

Lunch Menu **at** 11:45

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now served at <b>11:45</b> Monday, Wednesday, Thursday &amp; Friday</p> <p>All meals served with 1% milk</p> <p><b>4</b> Breaded Chick. w/ Sweet &amp; Sour, Swt. Potatoes, Cali Blend Veg., White Bread, Swiss Roll / SF Cookie</p> <p><b>11</b> <i>Fish-n-chips &amp; O'Douls</i> \$4/person, limit 24, sign-up by 3/1 –<b>FULL</b></p> <p><b>18</b> Shepherd's Pie, Green Beans, Multigrain Bread, Peaches</p> <p><b>25</b> Lazy Golumpki, Tomatoes &amp; Zucchini, Oatnut Bread, Peaches</p>	<p>Catered by WestMass ElderCare Please call for reservations at least <b>24 hours</b> in advance at 467-3239 Suggested, confidential, voluntary, donation \$2.50/meal</p> <p><b>6</b> Beef Burgundy, Kale &amp; Spinach, Butternut Squash w/ Cinnamon, Wheat Dinner Roll, Yogurt</p> <p><b>13</b> Cheeseburger, Hamburger Rol, Ketchup, Scalloped Potatoes, Brussels Sprouts, Oatmeal Cream Ckie</p> <p><b>20</b> Southern Diced Chicken Stew, Meadow Blend Veg, Mini Biscuit, Oatmeal Crm Cookie</p> <p><b>27</b> Runaway Bay Jerk Grilled Chick., Roasted Red Potatoes, Scandinavian Veg Blend, Wheat Roll, Mango-Pineapple Mix</p>	<div data-bbox="1052 444 1312 651" data-label="Image"> </div> <p>March 31st Happy Easter!</p> <p><b>7</b> Tomato Florentine Soup, Crackers, Rst Turkey on Kaiser Roll Mayo &amp; Mustard, Warm Grn Bean, Bacon &amp; Onion Salad, Mango-Pineapple Mix</p> <p><b>14</b> Corned Beef-n-Cabbage &amp; Carrots, Boiled Potatoes, White Bread, Peaches</p> <p><b>21</b> Veg. Beef Barley Soup, Crackers, Pot Roast w/ Gravy, Winter Mix Veg, Rye Bread, Birthday Cake / Angel Fd. Cake</p> <p><b>28</b> Roast Turkey w/ Gravy, Mash. Potatoes, Green Beans, Whole Wheat Bread, Cookie / SF Cookie</p>	<p><b>1</b> Tossed Salad w/ French Drsg, Potato Pollock)w/Tartar Sauce, Broccoli, Oatnut Bread, Pudding w/ Whip / SF Pudding</p> <p><b>8</b> Veggie Chili w/ Shr. Cheese, Cauliflower, Brown Rice, Cornbread Loaf, Applesauce</p> <p><b>15</b> Vegetar. Minestrone Soup, Crackers, Crab Cake, Tartar, Cali. Blend Veg., Fresh Clementine</p> <p><b>22</b> Tossed Salad w/ Ranch Dressing, Salmon w/ Stuffing &amp; Dill Sauce, Rice Florentine, Fresh Clementine, Oatnut Bread</p> <p><b>29 – Good Friday</b> Tomato Rice Soup, Crackers, Jumbo Ravioli, Florentine Sauce, Brussels Sprouts, Multigrain Bread, Fruited Jello w/ Whip</p>