
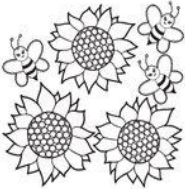




# August 2021

## Granby Council on Aging – Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2.</b> 10 a.m. Healthy Bones &amp; Balance  1 p.m. Fun Cards Group</p>	<p><b>3.</b>  Quilting Group 1 p.m.</p>	<p><b>4.</b> 10:30 a.m. Veterans Corner <i>tbd</i>  1 p.m. Fun Cards Group</p>	<p><b>5.</b> 10 a.m. Healthy Bones &amp; Balance</p>	<p><b>6.</b> 10 a.m. Easy Country Fitness</p>
<p><b>9.</b> 10 a.m. Healthy Bones &amp; Balance  1 p.m. Fun Cards Group</p>	<p><b>10.</b> 9:30 a.m. Stamp Collectors  1 p.m. Bingo</p>	<p><b>11.</b> 10 a.m. Chair Yoga (\$3)  1 p.m. Fun Cards Group</p>	<p><b>12.</b> 10 a.m. Healthy Bones &amp; Balance</p>	<p><b>13.</b> Easy Country Fitness <b>NO CLASS TODAY</b></p>
<p><b>16.</b> 10 a.m. Healthy Bones &amp; Balance <i>12p.m. Lunch</i>  1 p.m. Fun Cards Group</p>	<p><b>17.</b> <i>Brown Bag Day</i> 1 p.m. Quilting Group <b>“Johnny &amp; the Flashbacks” Dufresne Park @ 6 p.m.</b></p>	<p><b>18.</b>  <i>12 p.m. Lunch</i>  1 p.m. Fun Cards Group</p>	<p><b>19.</b> 10 am. Healthy Bones &amp; Balance</p>	<p><b>20.</b> 10 a.m. Easy Country Fitness  <i>12 p.m. Lunch</i></p>
<p><b>23.</b> 10 a.m. Healthy Bones &amp; Balance 11 a.m. – 12 p.m. Blood Pressure Clinic <i>12 p.m. Lunch</i> 1 p.m. Adult Coloring 1 p.m. Fun Cards Group</p>	<p><b>24.</b> 9:30 a.m. Stamp Collectors 1 p.m. Monthly Craft with Rachel: Watercolor Luminaries</p>	<p><b>25.</b> 10 a.m. Chair Yoga (\$3)  <i>12 p.m. Lunch</i>  1 p.m. Fun Cards Group</p>	<p><b>26.</b> 10 a.m. Healthy Bones &amp; Balance</p>	<p><b>27.</b> 10 a.m. Easy Country Fitness  <i>12 p.m. Lunch</i></p>
<p><b>30.</b> 10 a.m. Healthy Bones &amp; Balance 9:30 a.m. – 2 p.m. Foot Care Clinic. By Appointment <i>12 p.m. Lunch</i> 1 p.m. Fun Cards Group</p>	<p><b>31.</b> </p>	<p></p>	<p></p>	<p></p>

# August 2021

## WestMass Elder Lunch Menu at Granby Senior Center

For Meal Cancellations or Questions About Your Meals, please call the Nutrition Department at (413) 538-9020. Suggested, Confidential, Voluntary Donation of \$2.25/meal.

Funding provided by MA Executive Office of Elder Affairs & Administration for Community Living.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>16.</b> Chicken Cordon Bleu Roasted Red Potatoes Steamed Broccoli White Bread Prunes 1% Milk</p> <p>Na: 673 Cal: 510 Carb: 65</p>	<p><b>17.</b></p> <p><b>NO LUNCH TODAY</b></p>	<p><b>18.</b> Spaghetti &amp; Chicken Meatballs Italian Blend Garlic Knot Canned Pears 1% Milk</p> <p>Na: 675 Cal: 647 Carb: 81</p>	<p><b>19.</b></p> <p><b>NO LUNCH TODAY</b></p>	<p><b>20.</b> Chicken Sausage Paella California Blend Veg Oatmeal Bread Vanilla Pudding 1% Milk</p> <p>Na: 406 Cal: 797 Carb: 90</p>
<p><b>23.</b> Turkey Taco Bowl Shredded Cheese Yellow Rice Tomato Corn Cilantro Salsa Flour Tortilla Plum 1% Milk</p> <p>Na: 690 Cal: 681 Carb: 75</p>	<p><b>24.</b></p> <p><b>NO LUNCH TODAY</b></p>	<p><b>25. Cold Plate</b> Cape Cod Tuna Salad Bowtie Pasta Salad w/ Italian Dressing Broccoli Salad Whole Wheat Roll Brownie or SF Choc. Chip Cookie 1% Milk</p> <p>Na: 920 Cal: 683 Carb: 88</p>	<p><b>26.</b></p> <p><b>NO LUNCH TODAY</b></p>	<p><b>27. High Sodium/BDAY meal</b> Roast Turkey w/ Gravy 1 oz Stuffing Mashed Potatoes Whipped Butternut Squash Low Sodium Bread Birthday Cake/ Angel Food Cake 1% Milk</p> <p>Na: 1270 Cal: 754 Carb: 105</p>
<p><b>30.</b> Breaded Chicken Drumsticks Steamed Asparagus Cinnamon Mashed Yams Pumpnickel Bread Mandarin Oranges 1% Milk</p> <p>Na: 571 Cal: 629 Carb: 97</p>	<p><b>31.</b></p> <p><b>NO LUNCH TODAY</b></p>			

