





# September

## Granby Council on Aging – Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10 a.m. Veterans Corner 10:15 a.m. Walking Group <i>11:30 a.m. Lunch</i> 1 p.m. Fun Cards Group	2  10 a.m. Healthy Bones & Balance	3 10 a.m. Easy Country Fitness 12 p.m. Sen. Lesser Office hours <i>11:30 a.m. Lunch</i> 1 p.m. Corn Hole
6  HAPPY LABOR DAY No lunches. We are closed today.	7 1 p.m. Quilting Group	8 10 a.m. Chair Yoga (\$3)  <b>FOGE Picnic</b> <b>11 a.m. – 2 p.m.</b> <b>(event at max capacity)</b> 1 p.m. Fun Cards Group	9 10 a.m. Healthy Bones & Balance	10 10 a.m. Easy Country Fitness <i>11:30 a.m. Lunch</i> 1 p.m. Corn Hole
13 10 a.m. Healthy Bones & Balance <i>11:30 a.m. Lunch</i> 1 p.m. Michigan Rummy <b>Ice Cream Social</b> <b>1-2 p.m.</b>	14 9:30 a.m. Stamp Collectors 1 p.m. Bingo	15 10:15 a.m. Walking Group <i>11:30 a.m. Lunch</i> 1 p.m. Fun Cards Group  <i>Ice Cream Social Rain Date</i>	16 10 a.m. Healthy Bones & Balance	17 10 a.m. Easy Country Fitness <i>11:30 a.m. Lunch</i> 1 p.m. Corn Hole
20 10 a.m. Healthy Bones & Balance <i>11:30 a.m. Lunch</i> 9:30 a.m. – 2 p.m. Foot Care Clinic. By Appointment 1 p.m. Michigan Rummy	21 <i>Brown Bag Day</i> 1 p.m. Quilting Group	22 10 a.m. Chair Yoga (\$3) <i>11:30 a.m. Lunch</i> 1 p.m. Fun Cards Group	23 10 a.m. Healthy Bones & Balance  1 p.m. Movie: <i>tbd</i>	24 10 a.m. Easy Country Fitness <i>11:30 a.m. Lunch</i> 1 p.m. Corn Hole
27 10 a.m. Healthy Bones & Balance <i>11:30 a.m. Lunch</i> 1 p.m. Michigan Rummy 1 p.m. Adult Coloring	28 9:30 a.m. Stamp Collectors  1 p.m. Monthly Craft: Leaf Stamped Napkins	29  <i>11:30 a.m. Lunch</i> 1 p.m. Fun Cards Group  <b>2-4 p.m. Flu Clinic</b>	30 10 a.m. Healthy Bones & Balance	

# September 2021

## WestMass ElderCare Lunch Menu at Granby Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please call for reservations at least 24 hours in advance 467-3239</p>	<p>Suggested, Confidential Voluntary Donation \$2.25/meal <b><u>Lunch Served at 11:30 a.m.</u></b></p>	<p>1 Butternut Squash Mac &amp; Cheese Brussel Sprouts Whole Wheat Bread Peach Crisp/ Canned Peaches</p>	<p>2 <b>All Meals Served with 1% Milk</b>  <i>No Lunch Today</i></p>	<p>3 Crab Cake w/ Tartar Coleslaw Steamed Corn Hamburger Bun Canned Peaches</p>
<p>6  HAPPY LABOR DAY  No lunches. We are closed today.</p>	<p>7  <i>No Lunch Today</i></p>	<p>8  <i>No Lunch Today (FOGE picnic)</i></p>	<p>9  <i>No Lunch Today</i></p>	<p>10 Roast Beef w/ Gravy Baked Potato w/ Sour Cream Green Beans Rye Bread Lemon Pudding</p>
<p>13 Bake Ravioli w/ Spinach Alfredo California Blend Veg Low Sod. Wheat Bread Fresh Plum</p>	<p>14  <i>No Lunch Today</i></p>	<p>15 <b>Cold Plate</b> Tuna Salad Plate Beet Salad Pasta-Veg Salad White Bread Mandarin Oranges</p>	<p>16  <i>No Lunch Today</i></p>	<p>17 <b>Birthday Meal</b> Grilled Chicken w/ Florentine Sauce Couscous w/ Diced Red Peppers Zucchini &amp; Summer Squash Cake/ SF Lemon Cookie</p>
<p>20 Turkey w/ Dijon Sauce Corn Roasted Red Potatoes Low Sod. Wheat Bread Strawberry Cup</p>	<p>21  <i>No Lunch Today</i></p>	<p>22 Baked Chicken Leg Quarter w/ Gravy Capri Blend Vegetable Sweet Potato Tater Puffs Low Sod. Wheat Bread Clementine</p>	<p>23  <i>No Lunch Today</i></p>	<p>24 Cod w/ Dill Sauce Brown Rice Zucchini &amp; Tomatoes Oatmeal Bread Vanilla Pudding</p>
<p>27 Tilapia w/ Honey Soy Sauce Winter Blend Veg Roasted Red Bliss Potatoes 12 Grain Bread Cinnamon Applesauce</p>	<p>28  <i>No Lunch Today</i></p>	<p>29 <b>Cold Plate</b> Egg Salad English Pea Salad Carrot Raisin Pineapple Salad WW Hamburger Roll Fruit Crunch Bar/ SF Sugar Cookie</p>	<p>30  <i>No Lunch Today</i></p>	<p>Oct 1 Sweet/Sour Chicken Meatballs White Rice Oriental Blend Oatmeal Bread Mixed Fruit</p>

