

October 2021

Granby Council on Aging - Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>110 a.m. Easy Country Fitness 11:30 a.m. Senator Lesser office hours 1 p.m. Fun Cards Group</p>
<p>4 10 a.m. Healthy Bones & Balance 1 p.m. Michigan Rummy</p>	<p>5 9:30 a.m. Apple Cider Donuts & Coffee Social 1 p.m. Quilting Group</p>	<p>6 10 a.m. Veterans Corner 1 p.m. Fun Cards Group</p>	<p>7 10 a.m. Healthy Bones & Balance</p>	<p>8 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p>11 Center Closed</p>	<p>12 9:30 a.m. Stamp Collectors 12:30 p.m. Oktoberfest & BINGO</p>	<p>13 10 a.m. Chair Yoga 1 p.m. Fun Cards Group</p>	<p>14 10 a.m. Healthy Bones & Balance</p>	<p>15 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p>18 10 a.m. Healthy Bones & Balance 1 p.m. Michigan Rummy Foot Care Clinic By Appt.</p>	<p>19 1 p.m. Quilting Group</p>	<p>20 1 p.m. Fun Cards Group</p>	<p>21 10 a.m. Healthy Bones & Balance</p>	<p>22 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p>25 10 a.m. Healthy Bones & Balance 1 p.m. Adult Color 1 p.m. Michigan Rummy</p>	<p>26 9:30 a.m. Stamp Collectors 1p.m. Alcohol Ink Painting Class (\$5)</p>	<p>27 10 a.m. Chair Yoga 1 p.m. Fun Cards Group</p>	<p>28 10 a.m. Healthy Bones & Balance 12:30 p.m. Halloween Movie</p>	<p>29 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>

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Granby Council on Aging - Lunch Menu - Catered by WestMass ElderCare

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Served at 11:30 a.m.	Please call for reservations at least 24 hours in advance 467-3239	Suggested, Confidential, Voluntary Donation \$2.25/meal	All Meals Served with 1% Milk	1 Sweet & Sour Chicken Meatballs White Rice Oriental Blend Oatmeal Bread Mixed Fruit
4 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Butterscotch Pudding	5 NO LUNCH TODAY	6 NO LUNCH TODAY	7 Potato Pollock Tartar Sauce Brussel Sprouts Brown Rice Pilaf Whole Wheat Bread Peaches	8 Chicken Thigh Parprikash Spinach Egg Noodles Whole Wheat Bread Mandarin Orange
11 NO LUNCH TODAY	12 NO LUNCH TODAY	13 NO LUNCH TODAY	14 Lemon Picatta Tuscan Blend Veg Bowtie Pasta Whole Wheat Bread Brownie	15 Homemade Spinach Lasagna California Blend Veg Dinner Roll Mixed Fruit
18 Turkey w/ Dijon Sauce Dill Carrots Parslied Rice 12 Grain Bread Pineapple	19 NO LUNCH TODAY	20 NO LUNCH TODAY	21 Pork Stir Fry Rice Ginger Glazed Carrots Wheat Bread Clementine	22 Meatloaf w/ Gravy Seasoned Zucchini Garlic Mashed Potatoes Whole Wheat Bread Blondie Brownie
25 Crab Cake w/ Tartar Coleslaw Steamed Corn Rye Bed Apple	26 NO LUNCH TODAY	27 NO LUNCH TODAY	28 Pot Roast w/ Gravy Spinach Roasted Root Veggies Whole Wheat Bread Banana	29 HIGH SOD MEAL Maple Glazed Turkey Brussel Sprouts Butternut Quinoa Low Sod Wheat Bread Mini Cheesecake