





# November 2021

## Granby Council on Aging-Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10 a.m. Healthy Bones & Balance 12:30 p.m. Michigan Rummy	<b>2</b> <b>9:30 a.m. Donut &amp; Coffee Social</b> 1 p.m. Quilting Group	<b>3</b> 10 a.m. Veterans Corner 1 p.m. Fun Cards Group	<b>4</b> 10 a.m. Healthy Bones & Balance	<b>5</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group
<b>8</b> 10 a.m. Healthy Bones & Balance 12:30 p.m. Michigan Rummy	<b>9</b> 9:30 a.m. Stamp Collectors <b>1 p.m. BINGO</b>	<b>10</b> 10 a.m. Chair Yoga 1 p.m. Fun Cards Group	<b>11</b>  <b>Closed</b>	<b>12</b> 10 a.m. Easy Country Fitness <b>11 a.m.—12p.m. Sen. Lesser Office Hours</b> 1 p.m. Fun Cards Group
<b>15</b> 10 a.m. Healthy Bones & Balance 12:30 p.m. Michigan Rummy <b>Manicures by Appt.</b>	<b>16</b> 1 p.m. Quilting Group <b>Neighbors Helping Neighbors Mobile Food Van</b> <i>Brown Bag Day</i>	<b>17</b> 1 p.m. Fun Cards Group	<b>18 Thanksgiving Basket Assembly</b>  <b>No Healthy Bones &amp; Balance or Lunch Today</b>	<b>19</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group
<b>22</b> 10 a.m. Healthy Bones & Balance <b>No Michigan Rummy Today</b> 1 p.m. Adult Color Group <b>Foot Care Clinic 9:30—2</b>	<b>23</b> 9:30 a.m. Stamp Collectors <b>1 p.m. Monthly Craft: Turkey Magnets</b>	<b>24</b> 10 a.m. Chair Yoga 1 p.m. Fun Cards Group	<b>25</b> <b>Thanksgiving Day—Closed</b>	<b>26</b>  <b>Senior Center Closed Today</b>
<b>29</b> 10 a.m. Healthy Bones & Balance 12:30 p.m. Michigan Rummy	<b>30</b> 			

# November 2021

## Granby Council on Aging-Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken Fajitas Onions & Peppers Yellow Rice Flour Tortilla Cookie	<b>2</b> <b>All Meals Served with 1% Milk</b> <b>Catered by</b> <b>West Mass Elder care</b>	<b>3</b> <b>Lunch Served at</b> <b>11:30 a.m.</b> <b>Mon. Thu. &amp; Fri.</b>	<b>4</b> Harvest Turkey Stew Steamed Cauliflower Cornbread Biscuit Chilled Peaches	<b>5</b> Cod with Garlic Sauce Tuscan Blend Roasted Potatoes Whole Wheat Roll Cake
<b>8</b> Pierogis w/ Sour Cream Cabbage & Carrots Wheat Bread Diced Pears	<b>9</b> <b>Please call for</b> <b>reservations at least 24</b> <b>hours in advance</b> <b>467-3239</b>	<b>10 Suggested,</b> <b>Confidential,</b> <b>Voluntary Donation</b> <b>\$2.25/meal</b>	<b>11</b> 	<b>12</b> Breaded Chick. Drumstick Herbed Green Beans Mashed Butternut Squash Homemade Cornbread Fresh Plum
<b>15</b> Cheeseburger Sauteed Mushroom & Onions Tater Tots Wheat Hamburger Bun Mandarin Oranges	<b>16</b> <b>No Lunch Today</b>	<b>17</b> <b>No Lunch Today</b>	<b>18</b> <b>No Lunch Today</b>	<b>19</b> Roasted Red Pepper Pasta with Chicken 1/2 Sweet Potato White Bread Chilled Pineapple
<b>22</b> <b>THANKSGIVING LUNCH</b> Catered by a Local Favorite <b>RESERVATIONS REQUIRED</b> <b>Limited Seating</b>	<b>23</b> <b>No Lunch Today</b>	<b>24</b> <b>No Lunch Today</b>	<b>25</b> <b>Thanksgiving</b> <b>Day—Closed</b>	<b>26</b> <b>No Lunch Today</b> <b>Senior Center Closed</b>
<b>29</b> <b>LUNCHESES WILL RESUME</b> <b>DECEMBER 6TH</b> <i>(with a new caterer)</i>	<b>30</b> 