

March 2022

Granby Council on Aging Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 a.m. Coffee & Donuts with Terry Johnson 1 p.m. Quilting Group	2 10 a.m. Veterans Corner 1 p.m. Fun Cards Group	3 10 a.m. Healthy Bones & Balance 12–1 p.m. Senator Lesser Office Hours 1 p.m. BINGO sponsored by Christopher Heights	4 10 a.m. Easy Country Fitness
7 10 a.m. Healthy Bones & Balance 1p.m. Michigan Rummy	8 9:30 a.m. Stamp Collectors	9 10 a.m. Chair Yoga 1 p.m. Fun Cards Group 1 p.m. Shamrock Origami with Tess	10 10 a.m. Healthy Bones & Balance	11 10 a.m. Easy Country Fitness
14 10 a.m. Healthy Bones & Balance Footcare Clinic 1p.m. Michigan Rummy	15 Brown Bag Day 1 p.m. Quilting Group	16 9:30 a.m. COA Advisory Meeting 1 p.m. Fun Cards Group	17 10 a.m. Healthy Bones & Balance 	18 10 a.m. Easy Country Fitness
21 10 a.m. Healthy Bones & Balance 1p.m. Michigan Rummy	22 9:30 a.m. Stamp Collectors Mobil Food Van 11:30 a.m.—1 p.m.	23 10 a.m. Chair Yoga 1 p.m. Fun Cards Group	24 10 a.m. Healthy Bones & Balance 1 p.m. Strength & Nutrition Presentation by WMEC Katie RD	25 10 a.m. Easy Country Fitness
28 10 a.m. Healthy Bones & Balance 1p.m. Michigan Rummy	29 1 p.m. Craft with Rachel: Paint a Birdhouse	30 10 a.m. Chair Yoga 1 p.m. Fun Cards Group	31 10 a.m. Healthy Bones & Balance	

March 2022

Granby Council on Aging
Lunch Menu—Catered by WestMass ElderCare

MONDAY	THURSDAY	FRIDAY
<p>Served at 11:30 a.m. Monday, Thursday & Friday All meals served with 1% Milk</p>	<p>3 Pot Roast w/ Brown Gravy Oven Brown Potatoes, Carrots, Wheat Roll & Spice Cake with Frosting</p>	<p>4 Minestrone with Crackers Stuffed Shells with Marinara, California Blend, Garlic Bread & Tropical Fruit</p>
<p>7 Tossed Salad w/ Italian Dressing Grilled Chicken w/ Gravy, Stuffing, Wheat Bread & Fresh Orange</p>	<p>10 French Meat Pie Butternut Squash w/ Cinnamon, Cauliflower, Wheat Roll & Baked Apple Crisp</p>	<p>11 Butter Crumb Fish w/ Dill Sauce Rice Florentine, Stewed Tomatoes, Wheat Bread & Mandarin Oranges</p>
<p>14 Sweedish Chicken Meatballs Egg Noodles, Scandinavian Blend Veg, Wheat Roll & Pineapple</p>	<p>Wednesday 16 Irish Stew, Cabbage & Carrot, Steamed Red Bliss Potatoes, Rye Bread & Shamrock Jello Poke Cake</p>	<p>Thursday 17 Meatloaf Garlic Mashed Potatoes, Stewed Tomatoes, Whole Wheat Bread & Spiced Peaches NO LUNCH FRIDAY THIS WEEK</p>
<p>21 Salisbury Steak w/ Gravy Sweet Potato, Peas & Carrots, Wheat Roll & Mixed Fruit</p>	<p>24 Sliced Pork Loin w/ Gravy Garlic Mashed Potatoes, Green Beans, Oatmeal Bread & Oatmeal Cream Cookie</p>	<p>25 Hearty Veggie Soup w/ Crackers Crab Cake, Brown Rice, California Blend Veg, Wheat Bread & Bread Pudding</p>
<p>28 Lazy Golumpki Tomato & Zucchini, Oatmeal Bread & Peaches</p>	<p>31 Veg. Bean Soup w/ Crackers Roast Turkey w/ Gravy, Apple Stuffing, Cranberry Sauce, Green Beans, Sweet Potatoes, Dinner Roll & Pineapple</p>	<p>Please call for reservations at least 24 hours in advance at 467-3239. Suggested, Confidential, Voluntary Donation \$2.25/meal</p>



March 2022

Granby Council on Aging
Breakfast-to-Go Menu—Catered by WestMass
ElderCare

MONDAY	THURSDAY	FRIDAY
<p>Pick up during our lunch hour. Delivered cold & should be reheated in the following morning. Monday, Thursday and Friday</p>	<p>3 Chicken Sausage, waffle, orange juice & yogurt</p>	<p>4 Western Omelet, 2 slices Rye bread, canned pineapple & milk</p>
<p>7 French toast bites, 2 sausage patty, orange juice & yogurt</p>	<p>10 Chicken sausage, pancake, 1 slice rye bread, milk & mandarin oranges</p>	<p>11 Tac-Go egg & cheese, English muffin, orange juice & yogurt</p>
<p>14 Bagel w/ cream cheese, hard boiled egg, canned pineapple & milk</p>	<p><u>Wednesday 16</u> Tac-go: turkey sausage & cheese, 1 slice wheat bread, fresh fruit & milk</p>	<p><u>Thursday 17</u> French toast sticks, sausage links, orange juice & yogurt</p>
<p>21 2 pancakes/waffles, 2 sausage patty, orange juice & yogurt</p>	<p>24 Tac-Go egg & cheese, slice white bread, orange juice & yogurt</p>	<p>25 Egg & cheese English muffin sandwich, orange juice & yogurt</p>
<p>28 French Toast Sticks, sausage links, orange juice & milk</p>	<p>31 Chicken sausage, waffle, orange juice & yogurt</p>	<p><u>Please call for reservations at least 24 hours in advance at 467-3239.</u> Suggested, Confidential, Voluntary Donation \$2.25/meal (or any amount possible)</p>