

May 2022



Granby Council on Aging—Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 10 a.m. Healthy Bones & Balance 12:30 p.m. Michigan Rummy</p>	<p>3 9:30 a.m. Coffee & Donuts with Photographer Danielle 1 p.m. Quilting Group</p>	<p>4 10 a.m. Veterans Corner 11 a.m. Chair Yoga</p>	<p>5 10 a.m. Healthy Bones & Balance 11a.m.—11:30 a.m. Blood Pressure Clinic 12p.m. Sen. Lesser Office Hour</p>	<p>6 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p>9 10 a.m. Healthy Bones & Balance 12:30 p.m. Michigan Rummy</p>	<p>10 9:30 a.m. Stamp Collectors (cancelled until further notice) 4 p.m. Zumba Gold 4:15 p.m. F.O.G.E Meeting—<i>Public Safety Complex</i></p>	<p>11 10:30 a.m. Private Event</p>	<p>12 10 a.m. Healthy Bones & Balance 1 p.m. Alcohol Ink Art (\$5)</p>	<p>13 Senior Center Closed</p>
<p>16 10 a.m. Healthy Bones & Balance 12:30p.m.. Michigan Rummy</p>	<p>17 Brown Bag Pick Up after 11:30 a.m. 1 p.m. Quilting Group 4 p.m. Zumba Gold</p>	<p>18 9:30 a.m. COA Advisory Meeting 1:00p.m. Spirograph Postcards with Tess</p>	<p>19 10 a.m. Healthy Bones & Balance 1p.m. BINGO 4:30 p.m. Volunteer Appreciation Dinner (by invite)</p>	<p>20 10 a.m. Easy Country Fitness 11 a.m. Monthly Shopping: Randall's Farm 1 p.m. Fun Cards Group</p>
<p>23 10 a.m. Healthy Bones & Balance Foot Care Clinic by Apt. 12:30p.m. Michigan Rummy 1 p.m. Adult Color</p>	<p>24 9:30 a.m. Stamp Collectors (cancelled until further notice) 11:30 a.m.—1 p.m. Mobile Food Van</p>	<p>25 10 a.m. Chair Yoga 1 p.m. WMEC Family Caregiver Support Programs</p>	<p>26 10 a.m. Healthy Bones & Balance</p>	<p>27 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p>30 Memorial Day Senior Center Closed</p>	<p>31 1:0p.m. Necklace Making with Joan (\$15)</p>			



May 2022



Granby Council on Aging—Lunch Menu

Monday	Thursday	Friday
<p>2 Tossed Salad w/ Italian Dressing, Grilled Chicken with Gravy Stuffing, Carrots, Wheat Bread & Fresh Orange</p>	<p>5 <i>HIGH SODIUM MEAL</i> Chicken Fajitas with Roasted Peppers & Onions, Tomato Corn Cilantro Salad, Shredded Cheese, Flour Tortilla & Birthday Cake</p>	<p>6 Butter Crumb Fish with Dill Sauce Rice Florentine, Stewed Tomato, Wheat Bread & Mandarin Oranges</p>
<p>9 Swedish Chicken Meatballs Egg Noodles, Scandinavian Blend Veg, Wheat Roll & Pineapple</p>	<p>12 Meatloaf with Brown Gravy Garlic Mashed Potatoes, Stewed Tomatoes, Whole Wheat Bread & Spiced Peaches</p>	<p>13 No Lunch—Senior Center Closed</p>
<p>16 Salisbury Steak with Gravy Sweet Potato, Peas & Carrots & Wheat Roll</p>	<p>19 Sliced Pork Loin with Gravy Garlic Mashed Potatoes, Greens Beans, Oatmeal Bread & Oatmeal Cream Cookie</p>	<p>20 Potato Corn Chowder w/ Crackers, Crab Cake, Brown Rice, California Blend Veg, Wheat Bread & Bread Pudding</p>
<p>23 Lazy Golumpki Tomatoes & Zucchini, Oatmeal Bread & Peaches</p>	<p>26 Veg. Bean Soup, Crackers, Roast Turkey with Gravy Apple Stuffing, Cranberry Sauce, Green Beans, Sweet Potatoes, Dinner Roll & Pineapple</p>	<p>27 Vegetarian Chili Brown Rice, Cauliflower, Multigrain Bread & Fruited Jello</p>
<p>30 Senior Center Closed No Meal Service</p> 	<p>Catered by WestMass ElderCare Please call for reservations at least 24 hours in advance at 467-3239 Suggest, confidential, voluntary donation \$2.25/meal</p>	<p>Served at 11:30 a.m. Monday, Thursday & Friday All meals served with 1% milk</p>