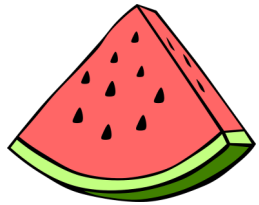


June 2022

Granby Council on Aging Activity Calendar

MONDAY



6 10 a.m. Healthy Bones & Balance
12:30 p.m. Michigan Rummy

13 10 a.m. Healthy Bones & Balance
12:30 p.m. Michigan Rummy

20 
Senior Center Closed

27 10 a.m. Healthy Bones & Balance
Foot Care by Appt.
12:30 p.m. Michigan Rummy
1 p.m. Adult Coloring

TUESDAY



7 9:30 a.m. Coffee & Donuts with WMEC: Financial Management
1p.m. Quilting Group
4 p.m. Zumba Gold

14
1 p.m. Patriotic Craft
4:15 p.m. Friends of Granby Elderly Meeting @ Pub. Safety Complex

21 11:30 a.m. Brown Bag Pick Up
1p.m. Quilting Group

28
11:30 a.m.-1 p.m. Mobile Food Van



WEDNESDAY

1 10 a.m. Veterans Corner
1 p.m. Cross-Stitching Group

8
10 a.m. Chair Yoga

15 9:30 a.m. COA Advisory Meeting
1 p.m. Cross-Stitching Group

22 10 a.m. Chair Yoga

29
1 p.m. Cross-Stitching Group



THURSDAY

2 10 a.m. Healthy Bones & Balance
11 a.m. BP Clinic
12 p.m. Senator Lesser Office Hr.

9 10 a.m. Healthy Bones & Balance
11-1 Iced Tea Bar

16 10 a.m. Healthy Bones & Balance
11 a.m. Monthly Shopping Trip: Target
12 p.m- 1p.m. Pianist

23 10 a.m. Healthy Bones & Balance
1 p.m. BINGO

30 10 a.m. Healthy Bones & Balance
1 p.m. Movie: Dog

FRIDAY

3 10 a.m. Easy Country Fitness
1 p.m. Fun Cards Group

10 10 a.m. Easy Country Fitness
11-1 Iced Tea Bar
1 p.m. Fun Cards Group

17 10 a.m. Easy Country Fitness
1 p.m. Fun Cards Group

24 10 a.m. Easy Country Fitness
1 p.m. 50s Party



June 2022

Granby Council on Aging Lunch Menu

MONDAY	THURSDAY	FRIDAY
<p>Served at 11:30 a.m. Monday, Thursday & Friday</p> <p>All meals served with 1% milk</p>		
	2 BBQ Ribette Au Gratin Potatoes, California Blend & Fresh Fruit	3 Broccoli Cheese Quiche Tater Tots, Stewed Tomatoes, Wheat Bread & Brownie
6 Chicken Marsala Buttered Ziti, Peas & Carrots, Wheat Bread & Canned Peaches	9 Meatloaf Mashed Potatoes, Corn, Rye Bread, & Birthday Cake	10 Potato Chowder with Crackers, Potato Crunch Fish, Broccoli, Snack N' Loaf & Fresh Fruit
13 Hot Dog, Baked Beans, Mixed Veg, Hot Dog Roll & Mandarin Oranges	16 Seafood Newburg, Noodles, Tuscan Blend, Oatnut Bread & Fresh Fruit	17 Egg Salad, German Potato Salad, Carrot Raisin Salad, Wheat Dinner Roll & Peach Chiffon
20 No Meal Service Senior Center Closed	23 Lazy Stuffed Pepper Brussel Sprouts, Wheat Bread & Fresh Fruit	24 Chicken Stuffed w/ Broccoli & Cheese, Red Bliss Potatoes, Glazed Carrots, Dinner Roll & Jello Poke Cake w/ Whip
27 Turkey Tetrizzini, White Rice, Peas, White Bread & Applesauce	30 Pork with Creamy Garlic Sauce, Baked Pota- to, Spinach, Wheat Roll & Berry Buckle	Catered by WestMass ElderCare Please call for reservations at least 24 hours in advance at 467-3239 Suggest, confidential, voluntary donation \$2.25/meal