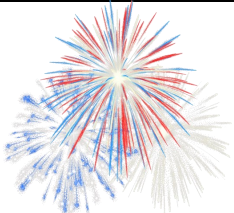




July 2022

Granby Council on Aging Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		happy national ice cream month! 		1 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group
4  Senior Center Closed	5 1 p.m. Quilting Group	6 10 a.m. Veterans Corner 	7 10 a.m. Healthy Bones & Balance 11 a.m. BP Clinic 12 p.m. Sen. Lesser Office Hour	8 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group
11 10 a.m. Healthy Bones & Balance 12:30 p.m. Michigan Rummy	12 1 p.m. Craft: Ice Cream Flower Pot 4 p.m. Zumba Gold 4:15 FOGE Meeting @ Pub. Safety Comp.	13 10 a.m. Chair Yoga 1 p.m. Cross Stitching Group	14 10 a.m. Healthy Bones & Balance 11:30 a.m. MassEDP 1 p.m. Ice Cream Sundae Social	15 1 p.m. Fun Cards Group
18 10 a.m. Healthy Bones & Balance Foot Care Clinic By Appt. 12:30 p.m. Michigan Rummy	19 11:30 a.m. Brown Bag Pick-up 1 p.m. Quilting Group 4 p.m. Zumba Gold 6 p.m. Dan Kane @ Dufresne Park	20 9:30 a.m. COA Advisory Meeting 12:30 p.m. Sunshine Village Activity	21 10 a.m. Healthy Bones & Balance 1 p.m. BINGO	22 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group
25 10 a.m. Healthy Bones & Balance 12:30 p.m. Michigan Rummy 1 p.m. Adult Coloring	26 11:30 a.m.—1 p.m. Mobile Food Van 4 p.m. Zumba Gold	27 10 a.m. Chair Yoga 1 p.m. Cross Stitching Group	28 10 a.m. Healthy Bones & Balance 1 p.m. Movie: Uncharted	29 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group

July 2022

Granby Council on Aging Lunch Menu

Monday	Thursday	Friday
<p>Served at 11:30 a.m. Monday, Thursday & Friday All meals served with 1% milk</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>1 Tossed Romaine Salad w/ Italian Dressing & Croutons Build Your Own Turkey Sandwich on Bulky Roll, Mustard, Mayo Swiss Roll</p>
<p>4</p>  <p>Senior Center Closed</p>	<p>7 Minestrone Soup w/ Crackers Roast Turkey w/ Gravy, Mashed Potatoes & Wheat Roll Cookie</p>	<p>8 Fish Taco, Yellow Rice, Cilantro Lime Coleslaw, Flour Tortilla Strawberry Shortcake w/ Whip (High Sodium Meal)</p>
<p>11 Sweet & Sour Chicken Meatballs, Rice, Oriental Blend & Oatnut Bread Pudding w/ Whipped Cream</p>	<p>14 Veg. Barley Soup w/ Crackers Pot Roast w/ Gravy, 1/2 Baked Potato & Rye Bread Birthday Cake</p>	<p>15 Mac & Cheese, Stewed Tomatoes & Wheat Bread Fruited Jello w/ Whipped Cream</p>
<p>18 Tuna Noodle Casserole, Peas & Carrots & Whole Wheat Bread Yogurt</p>	<p>21 Baked Ham w/ Pineapple Sauce, Sweet Potatoes, Scandinavian Veg, & Applesauce Whole Wheat Bread</p>	<p>22 Spinach Salad w/ 1/2 Egg, Cheese & Peppered Chicken w/ French Dressing Potato Salad & Wheat Bread Key Lime Chiffon w/ Whipped Cream</p>
<p>25 Crab Cake w/ Tartar, Warm Lemon Chickpea Salad, Buttered Corn & Cornbread Pudding w/ Whipped Cream</p>	<p>28 BBQ Ribette, Au Gratin Potatoes, California Blend & Oatnut Bread Fresh Fruit</p>	<p>29 Broccoli Cheese Quiche, Tater Tors, Stewed Tomatoes & Wheat Bread Brownie (High Sodium Meal)</p>