

# August 2022

## 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>  1 p.m. Quilting Group	<b>3</b> 10 a.m. Veterans Corner	<b>4</b> 10 a.m. Healthy Bones & Balance 11 a.m. BP Clinic	<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. Coffee & Donuts: Granby FD—Fall Prevention 1 p.m. Craft: Let it go Button Canvas 4:15 F.O.G.E Meeting @ Public Safety Complex 4 p.m. Zumba Gold	<b>10</b> 10 a.m. Chair Yoga 1 p.m. Cross-stitching Group	<b>11</b> 10 a.m. Healthy Bones & Balance 12:30 p.m. Old Bones Genealogy of New England: Creating a Family Tree	<b>12</b> 1 p.m. Fun Cards Group
<b>15</b> 10 a.m. Healthy Bones & Balance Foot Care Clinic 12:30 p.m. Michigan Rummy	<b>16</b> 11:30 a.m. Brown Bag Pick-up 1 p.m. Quilting Group 4 p.m. Zumba Gold	<b>17</b> 9:30 a.m. COA Advisory Meeting 12:30 p.m. Sunshine Village: Sunshine Trivia	<b>18</b> 10 a.m. Healthy Bones & Balance 1 p.m. BINGO	<b>19</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group
<b>22</b> 10 a.m. Healthy Bones & Balance 12:30 p.m. Michigan Rummy 1 p.m. Adult Color Group	<b>23</b> 11:30 a.m.—12:30 p.m. Mobile Food Van	<b>24</b> 10 a.m. Chair Yoga 1 p.m. Cross-stitching Group	<b>25</b> 10 a.m. Healthy Bones & Balance 12:45 p.m. Movie: American Underdog	<b>26</b> 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group
<b>29</b> 10 a.m. Healthy Bones & Balance 12:30 p.m. Michigan Rummy	<b>30</b> 	<b>31</b>  1:30 p.m. Health New England Presentation	<b>Save the date</b> Fall Festival—Oct. 13th Sarah the Fiddler, Pumpkin Painting, Apple Cider Donuts, Resource tables & more!! Stay tuned....	

# August 2022

## Granby Council on Aging Lunch Menu

MONDAY	THURSDAY	FRIDAY
1 Chicken Marsala, Buttered Ziti, Peas & Carrots, Whole Wheat Bread Canned Peaches	4 Meatloaf with Gravy, Mashed Potatoes, Corn, Rye Bread Birthday Cake	5 Vegetable Barley Soup with Crackers, Potato Crunch Fish, Broccoli, Snack N' Loaf Fresh Fruit
8 Hot Dog, Baked Beans, Mixed Veg, Hot Dog Roll Mandarin Oranges	11 Seafood Newburg Noodles, Tuscan Blend, Oatnut Bread Fresh Fruit	12 Egg Salad, German Potato Salad, Carrot Raisin Salad, Wheat Dinner Roll Ambrosia with Whipped Cream
15 Meatball Sub with Mozzarella & Sauce, Tater Tots, Peas, Sub Roll Canned Mixed Fruit	18 Lazy Stuffed Pepper, Brussel Sprouts, Wheat Bread Fresh Fruit	19 Seafood Salad, Broccoli Ziti Salad, Coleslaw with Shredded Carrots, White Bread Jello Poke Cake w/ Whip Cream
22 Turkey Tetrizzini with White Rice, Peas, White Bread Apple Sauce	25 Pork with Creamy Garlic Sauce, Whole Baked Potato, Spinach, Wheat Roll Berry Buckle with Whipped Cream	26 Tossed Romaine Salad with Italian Dressing & Croutons, Build Your Own Turkey Sandwich on Bulky Roll Swiss Roll
29 Chicken & Cran. Salad, Macaroni Salad, 3 Bean Salad, Whole Wheat Bread Mandarin Oranges	<b>Served at 11:30 a.m. Monday, Thursday &amp; Friday</b> <b>All meals served with 1% milk</b>	Catered by WestMass ElderCare <b>Please call for reservations at least 24 hours in advance at 467-3239</b> Suggest, confidential, voluntary donation \$2.25/meal