






# September 2022

## Granby Council on Aging Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>10 a.m. Healthy Bones &amp; Balance</p> <p>11 a.m. BP Clinic</p> <p>12 p.m. Senator Lesser Office Hour</p>	<p>10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p>
<p>5</p>  <p>Senior Center Closed</p>	<p>6</p>  <p>9:30 a.m. Coffee &amp; Donuts: Granby Historical Association</p> <p>1 p.m. Quilting Group</p>	<p>7</p> <p>10 a.m. Veteran's Corner</p> <p>11 a.m.–2 p.m. F.O.G.E. Senior Picnic</p>	<p>8</p> <p>10 a.m. Healthy Bones &amp; Balance</p> <p>12:30 p.m. WMEC Healthy Shopping on a Budget</p>	<p>9</p> <p>10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p>
<p>12</p> <p>10 a.m. Healthy Bones &amp; Balance</p> <p>12:30 p.m. Michigan Rummy</p>	<p>13</p> <p>4:15 p.m. F.O.G.E Meeting at Public Safety Complex</p>	<p>14</p> <p>10 a.m. Chair Yoga</p> <p>1 p.m. Cross-Stitching Group</p>	<p>15</p> <p>10 a.m. Healthy Bones &amp; Balance</p> <p>1 p.m.–3 p.m. Necklace Making with Joan (\$5)</p>	<p>16</p> <p>10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p>
<p>19</p> <p>10 a.m. Healthy Bones &amp; Balance</p> <p>Footcare Clinic</p> <p>12:30 p.m. MI Rummy</p>	<p>20</p> <p>11:30 a.m. Brown Bag Pick-up</p> <p>1 p.m. Quilting Group</p>	<p>21</p> <p>10 a.m. Chair Yoga (<i>exception Sept. only</i>)</p> <p>12:30 p.m. Sunshine Village: Painting with a Twist</p>	<p>22</p> <p>10 a.m. Healthy Bones &amp; Balance</p> <p>1 p.m. BINGO</p> 	<p>23</p> <p>10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p>
<p>26</p> <p>10 a.m. Healthy Bones &amp; Balance</p> <p>12:30 p.m. MI Rummy</p> <p>1 p.m. Adult Color Group</p> <p><b>Flu Clinic 2–4 p.m.</b></p>	<p>27</p> <p>11:30 a.m. Produce Bag Pick-up (brown baggers only)</p> <p>12:30–2pm Elder <i>-legalese</i> &amp; Pizza</p>	<p>28</p> <p>9:30 COA Advisory Mtg</p> <p>1 p.m. Cross-Stitching Group</p>	<p>29</p> <p>10 a.m. Healthy Bones &amp; Balance</p> <p>1 p.m. Movie: Elvis</p>	<p>30</p> <p>10 a.m. Easy Country Fitness</p> <p>1 p.m. Fun Cards Group</p>

# September 2022

## Granby Council on Aging Lunch Menu

Monday	Wednesday	Thursday	Friday
<p>Served at 11:30 a.m. Monday, Wednesday Thursday &amp; 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><b>1</b> Roast Turkey w/ Gravy Mashed Potatoes Peas &amp; Carrots Wheat Roll, Cookie/SF Cookie</p>	<p><b>2</b> Fish Taco Yellow Rice Cilantro Lime Coleslaw Flour Tortilla, Yogurt</p>
<p><b>5</b></p>  <p>Senior Center Closed</p>	<p><b>7</b></p> <p>11 a.m.–2 p.m. F.O.G.E. Senior Picnic</p> <p><b>No lunch today</b></p>	<p><b>8</b></p> <p>Pot Roast, Gravy &amp; 1/2 Baked Potato, Tuscan Blend Veg Rye Bread , Birthday Cake/ Angel Cake</p>	<p><b>9</b> Mac &amp; Cheese Stewed Tomatoes Wheat Bread Fruited Jello / SF Jello</p>
<p><b>12</b> Tuna Noodle Casserole Peas &amp; Carrots Whole Wheat Bread Yogurt</p>	<p><b>14</b></p> <p>Breaded Chicken with Honey Glaze, Red Bliss Potatoes Broccoli, Mini Biscuit, Fresh Fruit</p>	<p><b>15</b> Baked Ham with Pineapple Sauce , Sweet Potatoes, Scandinavian Veg, Applesauce Wheat Roll</p>	<p><b>16</b> Spinach Salad w 1/2 egg, Cheese &amp; Peppered Chicken French Dressing Potato Salad, Key Lime Chiffon / SF Jello</p>
<p><b>19</b> Crab Cake (410) w/ Tartar Warm Lemon Chickpea Salad Buttered Corn Pudding/SF Pudding</p>	<p><b>21</b> Cobb Salad with Cheese, Turkey, Egg &amp; Bacon Ranch Dressing Potato Salad, Wh. Wheat Bread, Mandarin Oranges</p>	<p><b>22</b> BBQ Ribette Au Gratin Potatoes California Blend Oatnut Bread, Fresh Fruit</p>	<p><b>23</b> Broccoli &amp; Cheese Quiche Tater Tots Stewed Tomatoes Wheat Bread, Brownie/SF Cookie</p>
<p><b>26</b> Chicken Marsala Buttered Ziti, Peas &amp; Carrots Wh. Wheat Bread, Canned Peaches</p>	<p><b>28</b> Philly Cheese Steak Onions, Mushrooms, Peppers Potato Wedges Sub roll, Canned Pineapple</p>	<p><b>29</b> Meatloaf (418) w/ Gravy Mashed Potatoes. Corn Rye Bread, Applecrisp / SF Applecrisp</p>	<p><b>30</b> Potato Crunch Fish Confetti Rice Broccoli Snack n Loaf, Fresh Fruit</p>