

October 2022

Granby Council on Aging Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 10 a.m. Healthy Bones & Balance</p>	<p>4 Coffee & Donuts w/ InterimHealthcare of WMass - Retire -to-Hire Opportunities. 1 p.m. Quilting Group 4 p.m. Zumba Gold</p>	<p>5 10 a.m. Veterans Corner 12:30 p.m. BINGO</p>	<p>6 10 a.m. Healthy Bones & Balance 11 a.m. BP Clinic 12 p.m. Senator Lesser Office Hour 1 p.m. Fall Centerpiece Craft</p>	<p>7 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p>10 Closed</p> 	<p>11 10 a.m. Senior Medicare Patrol Program 4:15 F.O.G.E. Meeting @ Public Safety Complex</p>	<p>12 10 a.m. Chair Yoga 1 p.m. Cross Stitching Group</p>	<p>13 No Healthy Bones & Balance Fall Festival</p>	<p>14 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p>17 10 a.m. Healthy Bones & Balance</p>	<p>18 11:30 a.m. Brown-Bag Pick-up 1 p.m. Quilting Group 4 p.m. Zumba Gold</p>	<p>19 9:30 a.m. COA Advisory Meeting 12:30 p.m. Sunshine Village: Tea Party</p>	<p>20 10 a.m. Healthy Bones & Balance 12:45 p.m. Movie: Ghostbusters: Afterlife</p>	<p>21 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p>24 10 a.m. Healthy Bones & Balance</p>	<p>25 11:30 Produce Bag Pick-up (Brown Bag Participants Only)</p>	<p>26 10 a.m. Chair Yoga 1 p.m. Cross Stitching Group</p>	<p>27 10 a.m. Healthy Bones & Balance 12:30 p.m. Nutrition Presentation by UMASS interns</p>	<p>28 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>
<p>31 10 a.m. Healthy Bones & Balance 11:30 a.m. Halloween Party/Lunch</p>			<p>Save the date. Nov. 1st. 12 p.m. - 1 p.m. Skimming Devices presented by Robin Putnam of Consumer Affairs & Business Regulation.</p>	<p>A light lunch will be served at 11:45 a.m. before the presentation. Call to sign up!</p>

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Granby Council on Aging Lunch Menu

Monday	Wednesday	Thursday	Friday
3 Sloppy Joe, Hamburger Roll, California Blend, Corn & Mixed Fruit	5 Runaway Bay Jerk Chicken, White Rice, Scandinavian Veg, Wheat Roll, Mango & Pineapple	6 Beef Stew w/ Peas & Carrots, Mashed Potato, Mini Biscuit, & Pudding w/ Whip	7 Potato Leek Soup w/ Crackers, Potato Pollock, Tartar Sauce, Confetti Rice, Oatmeal Bread & Brownie
10 Closed 	12 Chicken & Dumpling, Green Beans, Mini Biscuit & Peaches	13 Roast Pork w/ Gravy, Au Gratin Potatoes, Brussels Sprouts, Whole Wheat Bread & Cake w/ Frosting	14 Broccoli Quiche, Potatoes O'Brien, Carrots, Wheat Bread & Peach Chiffon
17 Grilled Chicken Marsala, Herbed Ziti, Italian Style Veg, Garlic Bread & Oatmeal Cookie	19 Butternut Mac & Cheese, Broccoli, Wheat Bread & Tropical Fruit	20 Ham w/ Raisin Sauce, Sweet Potatoes, Green Beans, Wheat Bread & Apple Sauce	21 Roast Turkey w/ Maple Glaze, Mashed Potato, California Blend, Wheat Bread & Pudding w/ Whip Cream
24 Chicken Dijon, Sweet Potatoes, Mixed Veg, Dinner Roll & Pineapple	26 Turkey Pot Pie, Tuscan Blend, Mini Biscuit & Cookie	27 Pot Roast w/ Brown Gravy, Oven Brown Potatoes, Carrots, Wheat Roll & Baked Apple Crisp w/ Whip	28 Cheese Pizza, Salad Bar w/ Croutons, Chickpeas, Shredded Cheese, Italian Dressing, California Blend, Italian Bread & Tropical Fruit
31 Tossed Salad w/ French Dressing, Grilled Chicken w/ Gravy, Stuffing, Carrots, Wheat Bread & Orange	Served at 11:30 a.m. Monday, Wednesday Thursday & Friday All meals served with 1% milk	Catered by WestMass ElderCare Please call for reservations at least 24 hours in advance at 467-3239 Suggest, confidential, voluntary donation \$2.25/meal	