


DECEMBER 2022

Granby Council on Aging Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 10 a.m. Healthy Bones & Balance 1 p.m. Stamp Collectors</p> <p>12 10 a.m. Healthy Bones & Balance Footcare Clinic 12:45 p.m. Movie: Fred Claus</p> <p>19 10 a.m. Healthy Bones & Balance 11:45 a.m. Rep. Carey & Domb Office 1 p.m. Stamp Collectors</p> <p>26</p> <p style="text-align: center;"> CLOSED </p>	<p>6 9:30 a.m. Coffee & Donuts with Terri Johnson; "Granby Beginnings" 1 p.m. Quilting Group</p> <p>13 1 p.m. Craft: Gift Bag Christmas Decor 4:15 p.m. F.O.G.E. Meeting @ Public Safety Complex</p> <p>20 11 a.m. Brown Bag Pickup 1 p.m. Quilting Group</p> <p>27 11 a.m. Produce bag (Brown Bag Participants Only)</p>	<p>7 10 a.m. Veterans Corner 12:30 p.m. BINGO: Holiday Gift Basket</p> <p>14 10 a.m. Chair Yoga 1 p.m. Cross- Stitching Group</p> <p>21 9:30 a.m. COA Advisory Meeting 1 p.m. Sunshine Village: Cookie Social & Christmas Trivia</p> <p>28 10 a.m. Chair Yoga 1 p.m. Cross- Stitching Group</p>	<p>1 10 a.m. Healthy Bones & Balance 11 a.m. BP Clinic 12 p.m. Senator Lesser Office Hour</p> <p>8 10 a.m. Healthy Bones & Balance 11 a.m. Skimming Devices</p> <p>15 10 a.m. Healthy Bones & Balance 11:45 a.m. Selectboard Luncheon (Granby Residents)</p> <p>22 10 a.m. Healthy Bones & Balance 11:30 a.m. Holiday Lunch & Music by Fred Marion of Dan Kane Singers</p> <p>29 10 a.m. Healthy Bones & Balance</p>	<p>2 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p> <p>9 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p> <p>16 10 a.m. Easy Country Fitness 1 p.m. Holiday Music—Altitude Trio</p> <p>23 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p> <p>30 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p>

DECEMBER 2022

Granby Council on Aging Lunch Menu

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Served at 11:30 a.m. Monday, Wednesday, Thursday & Friday</p> <p>All meals served with 1% milk</p> <p>5 Grilled Chicken w/ Orange-Cran Sauce, Diced Butternut Squash, Spinach, Wheat Bread & Apricots</p> <p>12 Grilled Chicken Marsala, Herbed Ziti, Italian Style Veg, Wheat Bread & Oatmeal Cookie</p> <p>19 Chicken Dijon, Sweet Potatoes, Mixed Vegetables, Dinner Roll & Pineapple</p> <p>26</p>  <p>CLOSED</p>	<p>Catered by WestMass ElderCare Please call for reservations at least 24 hours in advance at 467-3239 Suggested, confidential, voluntary, donation \$2.25/meal</p> <p>7 Chicken & Dumpling, Green Beans, Mini Biscuit & Peaches</p> <p>14 Butternut Mac & Cheese, Broccoli, Oatnut Bread & Tropical Fruit</p> <p>21 Turkey Stew, Tuscan Blend, Mini Biscuit & Cookie</p> <p>28 Turkey Divan, Mashed Potatoes, Green Beans, Mini Biscuit & Tropical Fruit</p>	<p>1 Beef Stew w/ Peas & Carrots, Mashed Potato, Mini Biscuit & Pudding w/ Whip</p> <p>8 Roast Pork w/ Gravy, Au Grat-in Potatoes, Brussels Sprouts, Wheat Bread & Cake w/ Frosting</p> <p>15 <u>Selectboard Luncheon</u> *Granby Residents—Reservations Required* Roast Pork Tenderloin, Mashed Potatoes, Mixed Veggies, Tossed Salad & Rolls. Assorted Cookies & Brownies.</p> <p>22 Holiday Meal Ham w/ Sweet Glaze, Roasted Rosemary Red Potatoes, Glazed Brussel Sprouts, Wheat Bread & Apple Pie</p> <p>29 BBQ Pork Loin, mac & Cheese, Collard greens & Black Eyed Peas, Corn Muffin & Cinnamon & Brown Sugar Peaches w/ Topping</p>	<p>2 Potato Leek Soup w/ Crackers, Potato Pollock, Tartar Sauce, Confetti Rice & Brownie</p> <p>9 Broccoli Quiche, Potatoes O' Brien, Carrots, Wheat Bread & Peach Chiffon w/ Whip</p> <p>16 Roast Turkey w/ Maple Glaze, Mashed Potato, California Blend, Wheat Bread & Pudding w/ Whip</p> <p>23 Cheese Pizza, Salad Bar w/ Croutons, Shredded Cheese, Ranch Dressing, California Blend, Oatnut Bread & Apricots</p> <p>30 Tossed Salad w/ French Dressing, Butter Crumb Fish w/ Dill Sauce, Rice Florentine, Peas & Carrots, & Wheat Bread</p>