

APRIL 2024

Granby Council on Aging Activity Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| <p>1 10 a.m. Healthy Bones & Balance 1p.m. Pitch 1p.m. Stamp Collectors</p> <p>8 9:30 Footcare 10 a.m. Healthy Bones & Balance 1p.m. Pitch 15—Closed Patriots Day</p> <p>22— 9:30 Footcare 10 a.m. HB&B 1p.m. Pitch/ Stamp Collectors</p> <p>29 10 a.m. Healthy Bones & Balance 1p.m. Pitch</p> | <p>2 10a.m. HB&B 1 p.m. Quilting Group</p> <p>9 10 a.m. HB&B 10:45 Vanpool lunch: Miss Flo's Diner (departs)</p> <p>16 10a.m. HB&B 11 a.m. Brown Bag Pick-up 1 p.m. Quilting Group</p> <p>23 10a.m. HB&B 11 a.m. Produce Bag Pick-up</p> <p>30 10a.m. HB&B</p> | <p>3 9:30 Veterans Corner 12:45 BINGO</p> <p>10 10 a.m. Chair Yoga 1 p.m. Cross– Stitching</p> <p>17 9:30 COA Adv. Board Mtg. 12:45 BINGO</p> <p>24 10 a.m. Chair Yoga 1 p.m. Cross– Stitching Group</p> | <p>4 10 a.m. HB&B 11a.m. BP clinic 1 pm—Office Hours State & Fed. reps</p> <p>11 10 a.m. HB&B 12:45 Movie: The Intern</p> <p>18 10 a.m. HB&B 1p.m.Craft with Brenda:</p> <p>25 10 a.m. HB&B 12:30 WMEC Resources <i>mini Fair - CARES</i></p> | <p>5 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p> <p>12 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p> <p>19 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p> <p>26 10 a.m. Easy Country Fitness 1 p.m. Fun Cards Group</p> |
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APRIL 2024

Granby Council on Aging

Lunch Menu **at** 11:45

| MONDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|
| <p>1 Crab Cake, Brown Rice Pilaf, Summer Veg Blend, White Bread, Yogurt</p> | <p>3 Cobb Salad w/ Egg, Cheese, Diced Chicken, Bacon, Crou-tons, Ranch Drsg., Beets, Whl Wheat Bread, Pineapple</p> | <p>4 BBQ Ribette, Au Gratin Pota-toes, Cali. Blend, Cornbread, Fresh Fruit</p> | <p>5 Sausage & Cheese Quiche, Broccoli & Red Pepper, Steak Fries, Whl Wheat Bread, Oreo</p> |
| <p>8 Grilled Chicken w/ Marsala, But-tered Ziti w/ Marsala, Italian Blend Veg, Whl Wheat Roll, Canned Peaches</p> | <p>10 Blueberry Baked French Toast w/ Maple Syrup, 2 Sausage Links, OJ, Canned Pineapple, Birthday Cake</p> | <p>11 Homemade Meatloaf, Gravy, Mashed Potatoes, Green Beans & Mushrooms, Yogurt, Milk, Whl Wheat Bread</p> | <p>12 Escarole Bean Soup, Crackers, Salmon with Latino Sauce, Broccoli, Wheat Roll, Fresh Fruit</p> |
| <p>15—CLOSED</p> | <p>17 Tossed Salad, Ranch Drsg., La-sagna with Meat Sauce, Italian Blend Veg, Garlic Bread, Pud-ding / SF Pudding</p> | <p>18 BBQ Pork Loin, Mac & Cheese, Carrots, Cornbread, Tropical Fruit</p> | <p>19 Corn Chowder, Crackers, Tur-key, Swiss on a Bulky Roll, Mayo& Mustard, Fresh Tomato Salad, Ice Cream /Fruit</p> |
| <p>22 Meatball Sub w/ Mozz & Sauce, Potato Wedges, Ketchup, Spin-ach, Sub Roll, Canned Tropical Fruit</p> | <p>24 Grill. Chicken w/ Teriyaki Sauce, Sweet Potatoes, Oriental Blend Veg, White Bread, Yogurt</p> | <p>25 Sliced Turkey w/ Gravy, Mashed Potatoes, Brussels Sprouts, Whl Wheat Bread, Fresh Fruit</p> | <p>26 Chicken Souvlaki w/Tzatziki sauce, Greek Salad, French Fries, ½ Pita, Mandarin Orang-es</p> |
| <p>29 Tetrazzini w/ Diced Chicken, White Rice, Broccoli & Red Peppers, Multigrain Bread, Applesauce</p> | <p>Now served at <u>11:45</u> Monday, Wednesday, 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 Suggested, confidential, voluntary, donation \$2.50/meal</p> | |