


September

(menu subject to change)

2019

Mon	Tue	Wed	Thu	Fri
2  CLOSED	3 Chicken Meatballs Canasta 12:45pm Euchre 12:45pm	4 Tilapia Foot Doctors 9am Detroit Zoo 9:30am Knit 10am Chair Exercise 10:30am Miracle Ear 12pm	5 Chili Dogs	6 Chair Yoga 9:30am Chair Exercise 10:30am
9 Chinese Pepper Steak Chair Yoga 9:30am Chair Exercise 10:30am Lunch Bunch 12:15pm Pinochle 12:45pm	10 Baked Chicken Euchre 12:45pm	11 Birthday Lunch Meatloaf with Gravy Knit 10am Chair Exercise 10:30am Bingo 1pm	12 Beer Battered Cod Historical Museum 9:15am Kings in the Corner 12:45pm	13 Chair Yoga 9:30am Chair Exercise 10:30am
16 Pulled Pork over Rice Chair Yoga 9:30am Chair Exercise 10:30am Pinochle 12:45pm	17 Chicken Fajita Casserole R.O. Musicale 12:30pm Canasta 12:45pm Euchre 12:45pm	18 Crab Cakes Knit 10am Chair Exercise 10:30am Ageless Grace 12:30pm Hand & Foot 12:45pm	19 Shepard's Pie DIA 12:15pm Afternoon Movie 12:45pm	20 Chair Yoga 9:30am Chair Exercise 10:30am
23 Sweet & Sour Meatballs Senator McMorrow 9am Chair Yoga 9:30am Chair Exercise 10:30am Pinochle 12:45pm	24 Quinoa Chili Euchre 12:45pm	25 Spaghetti Knit 10am Chair Exercise 10:30am Bingo 1pm	26 Chicken Cavatappi MGM 11am Bunco 12:45pm	27 Chair Yoga 9:30am Chair Exercise 10:30am
30 Stuffed Peppers Chair Yoga 9:30am Chair Exercise 10:30am Pinochle 12:45pm	<p><u>You must call the center the day before BY 1PM to pre-order the next day's meal.</u> Pre-ordered carry-out meals will be \$3.50. You can pick them up after 12:15pm the day of. There will be no pre-ordered carry-outs on holidays or special event days. Lunch is served at noon for those ages 55+ and their guests. A \$3 donation is suggested. Clawson residents can call (248) 583-6700 for free transportation to the center for lunch.</p>			