

April Menu: Posen Center

Dinner is a suggested *donation* of \$3.00 for seniors 60 years and older.

The meal cost is \$6.00 per person under 60.



Posen Serving Times

(See pg. 8 for Onaway Center Menu)

Sunday

Soup available at 3:00 pm
Meal served at 4:00 pm

Monday—Thursday

Soup available at 3:00 pm
Meal served at 4:30 pm

Closed Friday
&
Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

<p>3 Meatloaf Garlic Mashed Potatoes Winter Blend Pears Dinner Roll Deluxe Salad Bar</p>	<p>4 Tuna Casserole Carrots Beets Apricots Biscuit</p>	<p>5 Chicken Strips Crinkle Cut Fries Green Beans Mixed Fruit Wheat Bread</p>	<p>6 Pork Chops W/Gravy Mashed Potatoes Broccoli Cinnamon Apples Cornbread Salad Bar</p>	<p>7 Polish Sausage Sauerkraut Green Peas Pineapple Wheat Bread</p>
<p>10 Baked Ham Mashed Sweet Potatoes Corn Peaches Dinner Roll</p>	<p>11 Beef Stew Mashed Potatoes Wax Beans Beets Grapes Biscuit</p>	<p>12 Boneless Pork Ribs Roasted Red Potato Baked Beans Green Beans Fruit Cocktail Wheat Bread</p>	<p>13 Maxine's Cabbage Rolls Boiled Potato Peas & Carrots Apple Slices Dinner Roll Salad Bar</p>	<p>14 Swedish Meatballs Egg Noodles Carrots Tropical Fruit Dinner Roll</p>
<p>17 Deluxe Salad Bar Beef Roast Mashed Potato/Gravy Green Beans Dinner Roll Mango Deluxe Salad Bar</p>	<p>18</p> <p style="text-align: center;"><i>Cook's Choice</i></p>	<p>19 Broccoli Chicken Bake White Rice Carrots Strawberries Cornbread</p>	<p>20 Steamed Cod Wild Rice Broccoli Apricots Wheat Bread Salad Bar</p>	<p>21 Chicken Alfredo Broccoli Corn Apricots Dinner Roll</p>
<p>24 Pork Roast Sweet Potatoes Zucchini Applesauce Dinner Roll Deluxe Salad Bar</p>	<p>25 Stuffed Green Peppers Corn Boiled Potatoes Blueberries Dinner Roll</p>	<p>26 Country Fried Steak Mashed Potatoes Green Beans Pineapple Biscuit</p>	<p>27 Oven Roasted Thighs Baked Potatoes Mixed Vegetable Plums Biscuit Salad Bar</p>	<p>28 Beef Stroganoff Egg Noodles Green Peas Hot Peach Delight Dinner Roll</p>

All meals served with bread, margarine and milk according to guidelines.

Menu subject to change due to food availability.





Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.

April 2016

—Posen Center—

Activities

(See pg. 11 for Onaway Center activities)

SUN	MON	TUE	WED	THU	FRI	SAT
					1 April Fool's Day 	2
3	4 Cheboygan Bus Trip	5 4-meal card drawing	6 Birthday Bingo 2pm	7 Tips to manage knee pain. 3:30 pm CSFP Senior Commodities 12—12:30 pm	8	9
10 P.I. Clubhouse Meal—1pm Dan & Dave String Duo 2 pm	11 PICCOA Board Meeting 10 am	12	13 Bingo 2pm	14	15 Alpena Bus Trip	16
17 4-meal card drawing	18	19 Local Drug Abuse Trends 3:30 pm	20 Bingo 2pm	21 Depression Discussion 3:30 pm	22 Earth Day 	23
24 Al Kamyszek Variety Banc 2pm	25	26	27 Penny Bingo 2pm 	28 Community-Based Therapy Services 3:30 pm	29	30



"Is the spring coming?" he said. "What is it like?"...
"It is the sun shining on the rain and the rain falling on the sunshine..."

— Frances Hodgson Burnett, The Secret Garden

April Menu: Onaway Center

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Onaway Serving Times

(See pg. 5 for Posen Center Menu)

Sunday

Soup available at Noon
Meal served at 1:00 pm

Monday—Thursday

Soup available at 3:00 pm
Meal served at 4:30 pm

Closed Friday
&
Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

3 Oven Baked Chicken Baked Mac & Cheese Green Beans Strawberries Dinner Roll Deluxe Salad Bar	4 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Succotash Blend Tropical Fruit Wheat Bread	5 Tuna Casserole Green Beans Beets Diced Peaches Dinner Roll	6 BBQ Pork Riblettes Oven Roasted Potatoes Corn Applesauce Cornbread	7 Meatloaf Garlic Mashed Potato Asparagus Mixed Fruit Wheat Bread
10 Roasted Turkey Dressing Carrots Cranberry Sauce Dinner Roll Deluxe Salad Bar	11 Lasagna Green Beans Corn Cinnamon Apples Breadstick	12 COOKS CHOICE	13 Garden Citrus Chicken Parsley Noodles Brussel Sprouts Apricots Dinner Roll	14 Hamburgers On a Wheat Bun Roasted Potatoes Mixed Vegetable Plums
17 Baked Ham Sweet Potato Half Mixed Vegetable Watermelon Dinner Roll Deluxe Salad Bar	18 Lemon Pepper Chicken Parsley Noodles Carrots Tropical Fruit Wheat Bread	19 Goulash Wax Beans Beets Pineapple Dinner Roll	20 Ginger BBQ Chicken Sweet Potato Fries California Blend Pears Cornbread	21 Country Fried Steak Mashed Potatoes Green Beans Mixed Fruit Biscuit
24 Beef Roast Mashed Potato Asparagus Strawberries Dinner Roll Deluxe Salad Bar	25 Swedish Meatballs Over White Rice Peas & Pearl Onions Mandarin Oranges Wheat Bread	26 Scalloped Potatoes & Ham Carrots/Green Beans Diced Pears Biscuit	27 Pork Chops Wild Rice Carrots Applesauce Cornbread	28 Beef Stroganoff Over Noodles Broccoli & Cauliflower Diced Apples Wheat Bread



Spring is when you feel like whistling even with a shoe full of slush. ~Doug Larson

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April 2016

—Onaway Center—

Activities

(See pg. 8 for Posen Center activities)

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>New casino packages! Ride on the luxury coach buses.</i></p> <p><i>Call 989-733-2559 for more info.</i></p>					1	2
3	<p>4 Euchre/ Pinochle 2-4</p> <p>Cheboygan Bus trip</p> <p>Exercise Onaway 10 am</p>	<p>5 Birthday</p> <p>Bingo 2-4</p> <p>Exercise Onaway 10 am</p>	<p>6 <i>4 Meal Draw!</i></p> <p>Casino Trip</p> <p>Exercise Onaway 10 am</p>	<p>7 Senior Commodities 9am</p> <p>Exercise Onaway 10 am</p>	8	9
10	<p>11 Euchre/ Pinochle 2-4</p> <p>Exercise Onaway 10 am</p>	<p>12 Bingo 2-4</p> <p>Exercise Onaway 10 am</p>	<p>13 Spitzer 2-4</p> <p>Exercise Onaway 10 am</p>	<p>14 Bunco 2-4pm</p> <p>Exercise Onaway 10 am</p>	15 <i>Alpena Bus Trip</i>	16
17 <i>4 Meal Draw!</i>	<p>18 Euchre/ Pinochle 2-4</p> <p>Exercise Onaway 10 am</p>	<p>19 Bingo 2-4</p> <p>Exercise Onaway 10 am</p>	<p>20 Casino Trip</p>  <p>Exercise Onaway 10 am</p>	<p>21 Bunco 2-4pm</p> <p>Exercise Onaway 10 am</p>	22	23
24	<p>25 Euchre/ Pinochle 2-4</p> <p>Exercise Onaway 10 am</p>	<p>26 Bingo 2-4</p> <p>Exercise Onaway 10 am</p>	<p>27 Spitzer 2-4</p> <p>Exercise Onaway 10 am</p>	<p>28 Bunco 2-4pm</p> <p>Exercise Onaway 10am</p>	29	30