

July 2026 Activities & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			CLOSED HOLIDAY	12pm Lunch 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	
5	6	7	8	9	10	11
11am Super Bingo	9:30am Adaptive Fitness 10am Therapeutic Music 12pm Lunch	9am Knit & Stitch 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch 12:30pm Cards	12pm Lunch	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	
12	13 SPECIAL EVENT	14	15	16 SPECIAL EVENT	17	18
11am Super Bingo	MUSIC MONDAY 9:30am Adaptive Fitness 10am Therapeutic Music 12pm Lunch 1pm Concert in Care	9am Knit & Stitch 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch 12:30pm Cards	12pm Free Pride Community BBQ 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	
19	20 SPECIAL EVENT	21	22	23	24	25
11am Super Bingo	9:30am Adaptive Fitness 10am Therapeutic Music 12pm Lunch 1pm Craft Club #1	9am Knit & Stitch 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch 12:30pm Cards	12pm Lunch 1pm Craft Club #2 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	
26	27	28	29	30	31 BIRTHDAY CAKE DAY	
11am Super Bingo	9:30am Adaptive Fitness 10am Therapeutic Music 12pm Lunch	9am Knit & Stitch 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch 12:30pm Cards	12pm Lunch 2:45pm Line Dancing	9am Fun & Fitness 9am Foot Care 10:10am Chair Fitness 12pm Lunch 12pm Birthday Cake Day	
	Special Events July 13 Music Monday July 16 Pride BBQ July 20 Craft Club #1 July 23 Craft Club #2					
	July 2026					

July 2026 In House Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			CLOSED HOLIDAY	Baked Ham, Scalloped Potatoes, Broccoli, Pears	Breaded Fish & Hashbrowns, Coleslaw, Apple Sauce & Ginger Cookie	
5	6	7	8	9	10	11
	Baked Chicken Thigh, Sweet Potato Mash, Gingered Carrots, Raspberry Turnover	Cheese, Ham & Bacon Quiche, Broccoli, Tea Biscuit, Jello Pudding Parfait	Pork Loin in Mushroom Sauce, Egg Noodles, Veggie Medley, Chocolate Cake	Boiled Ham Dinner w/ Cabbage, Potato, Carrot & Turnip, Peaches	Salt Cod, Fish Cakes, Baked Beans, Roll, Apple Turnover	
12	13	14	15	16 PRIDE BBQ	17	18
	Bangers & Mash, Onion Gravy, Peas, Pineapple Tidbits	Homemade Lasagna, Green Beans, Garlic Bread, Butterscotch Pudding	Salisbury Steak & Gravy, Broccoli, Home Fries, Pears	Free Community BBQ Hamburger or Hotdog, Water, Pride Cake	Lemon Pepper Haddock w/ Cream Sauce, Rice, Green Beans, Oatmeal Cookies	
19	20	21	22	23	24	25
	Macaroni & Cheese, Steamed Vegetables, Roll, Peaches	Chilli, Roll, Sugar Cookie	Roast Beef w/ Gravy, Mashed Potato, Carrots, Jello w/ Cream	Pork & Veggie Stir-Fry with Chinese Noodles, Vanilla Coconut Cake	Chicken Parmigiana, Pasta, Broccoli, Pineapple Delight	
26	27	28	29	30	31 BIRTHDAY CAKE DAY	
	Chicken Pot Pie, Broccoli, Yellow Beans, Vanilla Pudding	Beef Stew, Mashed Potato, Roll, Chocolate Chip Cookies	Roast Pork w/ Gravy, Mashed Potato, Peas, Caramel Pudding	Sweet & Sour Meatballs, Rice, Veggie Medley, Jello w/ Cream	Salmon Loin w/ Dill Sauce, Rice Pilaf, Veg of the Day, Birthday Cake	

July 2026

Meal Prices: Eat In: \$10.50 Member / \$11.50 Non-Member

Takeout: \$11.00 Member / \$12.00 Non-Member

Meal Times: Monday, Wednesday, Thursday, Friday 12pm. Your ticket must be bought before 12.
Tuesday 11:45am. Your ticket must be bought before 11:45am
Special Lunches Check Posters for Details