

August 2026 Activities & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 SPECIAL EVENT	4	5	6	7	8
11am Super Bingo	CLOSED HOLIDAY Natal Day BBQ 10am	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 10:10am Chair Fitness 12pm Lunch	
9	10 SPECIAL EVENT	11	12	13	14	15 SPECIAL EVENT
11am Super Bingo	9:30am Adaptive Fitness 10am Therapeutic Music 11am Lunch & Learn 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 Lunch 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	10am Giant Yard Sale & Market
16	17 SPECIAL EVENT	18	19	20	21	22
11am Super Bingo	9:30am Adaptive Fitness 10am Therapeutic Music 12pm Lunch 1pm Craft Club	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 10:10am Chair Fitness 12pm Lunch	
23	24	25	26	27	28 BIRTHDAY CAKE DAY	29
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	
30	31	Special Events Aug 03 Natal Day BBQ Aug 10 Lunch & Learn Aug 10 Music Monday Aug 15 Giant Yard Sale & Market Aug 17 Craft Club				
11am Super Bingo	9:30am Adaptive Fitness 10am Therapeutic Music 12pm Lunch					

August 2026

August 2026 In House Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
	CLOSED HOLIDAY	Meatloaf with Gravy, Mashed Potato, Yellow Beans, Jello w/ Cream	Chicken & Veggie Stir- Fry, Rice, Triple Chocolate Cookies	Shepherd's Pie, Three Bean Salad, Tea Biscuit, Fruited Jello	Baked Haddock w/ Sweet Onion, Chive & Cheddar Mash Potato, Peas, Bread Pudding	
9	10	11	12	13	14	15
	Spaghetti w/ Meat Sauce, Garlic Bread, Fruit Cocktail	Turkey a La King, Yellow Beans, Tea Biscuit, Chocolate Pudding	Pancakes, Scrambled Eggs, Sausage, Home Fries, Blueberry Turnover	Baked Ham, Scalloped Potatoes, Broccoli, Cherry Turnover	Breaded Fish & Hashbrowns, Coleslaw, Apple Sauce & Ginger Cookie	
16	17	18	19	20	21	22
	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	
23	24	25	26	27	28 BIRTHDAY CAKE DAY	29
	Bangers & Mash, Onion Gravy, Peas, Pineapple Tidbits	Homemade Lasagna, Green Beans, Garlic Bread, Butterscotch Pudding	Salisbury Steak & Gravy, Broccoli, Home Fries, Pears	Cold Plate with Ham & Roast Turkey, Potato Salad, Coleslaw, Roll, Cherry Cheesecake	Lemon Pepper Haddock w/ Cream Sauce, Rice, Green Beans, Oatmeal Cookies	
30	31	August 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				
	Macaroni & Cheese, Steamed Vegetables, Roll, Peaches					