

Spencer House Drop-in Program  
Monday to Friday 9:00 am to 3:00 pm

# JANUARY 2023

5596 Moris St. Halifax  
902-421-6131 [spencerhouse.ca](http://spencerhouse.ca)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CENTRE CLOSED</b>	3 Berkeley Breakfast 9-10AM Shepherd's Pie Garden Salad Dinner Rolls	4 Berkeley Breakfast 9-10AM Chicken & Veggie Stir-fry Basmati Rice Garlic Bread	5 Berkeley Breakfast 9-10AM Baked Ham Scalloped Potatoes Veggies	6 Berkeley Breakfast 9-10AM Cheesy Mac-N-Cheese Garden Salad Dinner Rolls
9 Berkeley Breakfast 9-10AM Meat Lasagna Garden Salad & Garlic Bread	10 Berkeley Breakfast 9-10AM Pork Chops Mashed Potatoes & Gravy Veggies	11 Berkeley Breakfast 9-10AM Fish Cakes Homemade Baked Beans Dinner Rolls	12 Berkeley Breakfast 9-10AM Chicken Fettuccini Garlic Bread	13 Berkeley Breakfast 9-10AM Salsbury Steak with Mushroom Gravy Mashed Potatoes Veggies
16 Berkeley Breakfast 9-10AM Chunky Chicken Stew Homemade Biscuits	17 Berkeley Breakfast 9-10AM Meatloaf Mashed Potatoes & Gravy Veggies	18 Berkeley Breakfast 9-10AM <u>Breakfast for Lunch!</u> Pancakes, Sausages, & Home Fries	19 Berkeley Breakfast 9-10AM Spaghetti & Meatsauce Garlic Bread	20 Berkeley Breakfast 9-10AM Pulled BBQ Pork Mashed Potatoes & Gravy Veggies
23 Berkeley Breakfast 9-10AM <u>Chinese New Year!</u> Wonton Soup S&S Chicken, Fried Rice Spring Roll	24 Berkeley Breakfast 9-10AM Beef Stew Homemade Bisuits	25 Berkeley Breakfast 9-10AM Roasted Chicken Mashed Potatoes & Gravy Veggies	26 Berkeley Breakfast 9-10AM Fried Fish Roasted Potatoes Veggies	27 Berkeley Breakfast 9-10AM Beef Stroganoff Hot Buttered Noodles Garlic Bread

The Berkeley Breakfast served Monday to Friday 9-10AM Cost: \$2  
Selection of fruit, berries, yogurt, smoothies, muffins, pastry.

Lunch served Monday to Friday 12:00noon  
Members \$7 Non-members \$10 \* \*Includes tea/coffee & dessert!

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CENTRE CLOSED</b>	3 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	4 Produce Market 10:00 Board Game Cafe 10:00 Tech Help with Jeff 1:00 Jeopardy!	5 10:30 Chair Dancing 1:00 Crib Club & Games Afternoon	6 10:00 Coffee & Conversation 1:00 Friday Funday Karaoke & Happy Hour!
9 11:00 Member's Meeting 1:00 Wii Bowling!	10 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	11 10:00 Board Game Cafe 1:00 Spotlight Stories	12 10:30 Chair Dancing 1:00 Crib Club & Games Afternoon	13 10:00 Coffee & Conversation 1:00 Friday Funday Trivia & Happy Hour!
16 10:00 Coffee & Conversation 1:00 Movie Afternoon "I am MLK Jr."	17 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	18 Produce Market 10:00 Board Game Cafe 10:00 Tech Help with Jeff 1:00 How to Use Facebook Marketplace	19 10:30 Chair Dancing 1:00 Crib Club & Games Afternoon	20 10:00 Coffee & Conversation 1:00 Friday Funday Karaoke & Happy Hour!
23 10:00 Celebrating Chinese New Year! 1:00 Wii Bowling!	24 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	25 10:00 Board Game Cafe 1:00 Seniors College of NS Workshop	26 10:30 Chair Dancing 12:30 Birthday Bash! 1:00 Crib Club & Games Afternoon	27 10:30 Wellness Navigation Info 1:00 Friday Funday Trivia & Happy Hour!

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