



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

JULY 2023

5596 Morris St. Halifax
902-421-6131 spencerhouse.ca

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <p>3</p> <p>CENTRE CLOSED For CANADA DAY</p>  | <p>4</p> <p>9-10AM Breakfast</p> <p>Roasted Chicken Mashed Potatoes Veggies</p> | <p>5</p> <p>9-10AM Breakfast</p> <p>Spaghetti & Meatsauce Garden Salad Garlic Bread</p> | <p>6</p> <p>9-10AM Breakfast</p> <p>Beef Stroganoff Hot Buttered Noodles Garlic Bread</p> | <p>7</p> <p>9-10AM Breakfast</p> <p><u>Friday BBQ!!</u> Hamburger/Hotdogs Ice Cream Sundaes</p> |
| <p>10</p> <p>9-10AM Breakfast</p> <p>Grilled Chicken Caesar Salad Garlic Bread</p> | <p>11</p> <p>9-10AM Breakfast</p> <p>Salisbury Steak Mashed Potatoes Veggies</p> | <p>12</p> <p>9-10AM Breakfast</p> <p>Breaded Fish Roasted Potatoes Veggies</p> | <p>13</p> <p>9-10AM Breakfast</p> <p>Chicken Stir Fry Basmati Rice</p> | <p>14</p> <p>9-10AM Breakfast</p> <p><u>Friday BBQ!!</u> Hamburger/Hotdogs Ice Cream Sundaes</p> |
| <p>17</p> <p>9-10AM Breakfast</p> <p>Lemon Dill Baked Haddock Rice Pilaf</p> | <p>18</p> <p>9-10AM Breakfast</p> <p>Meat Lasagna Garden Salad Garlic Bread</p> | <p>19</p> <p>9-10AM Breakfast</p> <p>Pork Chops Mashed Potatoes Veggies</p> | <p>20</p> <p>9-10AM Breakfast</p> <p>Shepherds Pie Dinner Rolls</p> | <p>21</p> <p>9-10AM Breakfast</p> <p><u>Friday BBQ!!</u> Hamburger/Hotdogs Ice Cream Sundaes</p> |
| <p>24</p> <p>9-10AM Breakfast</p> <p>Chicken Fettuccini Garlic Bread</p> | <p>25</p> <p>9-10AM Breakfast</p> <p>Homestyle Meatloaf Mashed Potatoes Veggies</p> | <p>26</p> <p>9-10AM Breakfast</p> <p>Cod Cakes Garden Salad Dinner Rolls</p> | <p>27</p> <p>9-10AM Breakfast</p> <p>Beef Stew Homemade Biscuits</p>  <p>12:30 Birthday Bash!</p> | <p>28</p> <p>9-10AM Breakfast</p> <p><u>Friday BBQ!!</u> Hamburger/Hotdogs Ice Cream Sundaes</p> |

The Berkeley Breakfast
served Monday to Friday 9-10AM
Selection of fruit, berries, yogurt, smoothies, pastry

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

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| <p>3</p> <p>CENTRE CLOSED For CANADA DAY</p>  | <p>4</p> <p>10:00 Word Games & Trivia</p> <p>1:00 Bingo *please register by 12:45</p> | <p>5</p> <p>Foot Care Clinic 9-4</p> <p>10:00 Tech Buddies</p> <p>10:30 Chair Pilates</p> <p>1:00 Afternoon at Public Gardens</p> | <p>6</p> <p>10:30 Chair Dancing</p> <p>1:00 Crib Club & Games Afternoon</p> | <p>7</p> <p>10:00 Coffee & Conversation</p> <p>1:00 Line Dancing!</p> |
| <p>10</p> <p>11:00 Member's Meeting</p> <p>1:00 Connected Kitchens</p> | <p>11</p> <p>10:00 Word Games & Trivia</p> <p>1:00 Bingo *please register by 12:45</p> | <p>12</p> <p>10:00 Tech Buddies</p> <p>10:30 Chair Pilates</p> <p>1:00 Afternoon at Public Gardens</p> | <p>13</p> <p>10:30 Chair Dancing</p> <p>1:00 Crib Club & Games Afternoon</p> | <p>14</p> <p>10:00 Coffee & Conversation</p> <p>1:00 Karaoke & Happy Hour!</p> |
| <p>17</p> <p>10:30 Garden Club</p> <p>Sew On The Go 11 - 12</p> <p>1:00 Nutrition Workshop</p> | <p>18</p> <p>10:00 Word Games & Trivia</p> <p>1:00 Bingo *please register by 12:45</p> | <p>19</p> <p>Foot Care Clinic 9-4</p> <p>10:00 Tech Buddies</p> <p>10:30 Chair Pilates</p> <p>1:00 Walking Pole Try-It Day</p> | <p>20</p> <p>10:30 Chair Dancing</p> <p>1:00 Crib Club & Games Afternoon</p> | <p>21</p> <p>10:00 Coffee & Conversation</p> <p>1:00 Outing to Halifax Lancers *Registration Required*</p> |
| <p>24</p> <p>10:00 Nordic Pole Walking Group</p> <p>10:30 Garden Club</p> <p>1:00 Connected Kitchens</p> | <p>25</p> <p>10:00 Word Games & Trivia</p> <p>1:00 Bingo *please register by 12:45</p> | <p>26</p> <p>10:30 Book Club</p> <p>10:00 Tech Buddies</p> <p>1:00 Afternoon at Public Gardens</p> | <p>27</p> <p>10:30 Chair Dancing</p> <p>12:30 Birthday Bash!</p>  <p>1:00 Crib Club & Games Afternoon</p> | <p>28</p> <p>10:00 Coffee & Conversation</p> <p>1:00 Line Dancing!</p> |

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