

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NATAL DAY CENTRE CLOSED	2 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	3 CENTRE CLOSED For Renovations	4 10:30 Chair Dancing 1:00 Crib Club & Games Afternoon	5 10:00 Tech Buddies 1:00 Friday Funday Karaoke & Happy Hour!
8 10:00 Garden Club 1:00 Trivia	9 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	10 Foot Care Clinic 10-3 1:00 Army Museum Halifax Citadel Show & Tell	11 10:30 Chair Dancing 1:00 Crib Club & Games Afternoon	12 10:00 Tech Buddies 1:00 Friday Funday Karaoke & Happy Hour!
15 10:00 Garden Club 1:00 Darts & Shuffleboard	16 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	17 1:00 "Gritty to Pretty" Halifax Memorial Library Bench Painting on Spring Garden Road	18 10:30 Chair Dancing 1:00 Crib Club & Games Afternoon	19 10:00 Tech Buddies 1:00 Friday Funday Karaoke & Happy Hour! with Hlfx Rec Van
22 10:00 Garden Club 1:00 Board Game Cafe	23 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	24 10:00 Book Club 1:00 Laughter Exercise	25 10:30 Chair Dancing 12:30 Birthday Bash! 1:00 Crib Club & Game Afternoon 	26 10:00 Tech Buddies 1:00 Friday Funday Karaoke & Happy Hour!
29 10:00 Garden Club 1:00 Darts & Shuffleboard	30 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	31 10:00 Book Club 1:00 Afternoon at the Public Gardens	1 10:30 Chair Dancing 1:00 Crib Club & Games Afternoon	2 10:00 Tech Buddies 1:00 Summer Dance!

Continental Breakfast available Monday, Wednesday, & Friday
 Beginning Wednesday, July 6, 9-10AM Cost: \$2

Lunch everyday at 12pm
 Members \$7 Non-members \$10 * *Includes tea/coffee & dessert!

Spencer House Drop-in Program

AUGUST 2022

5596 Morris St. Halifax

902-421-6131 spencerhouse.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NATAL DAY CENTRE CLOSED	2 Meatloaf Mashed Potatoes & Gravy Veggies	3 Drop In Activities & Lunch Closed Due to Renovations	4 Cold Plate Sliced Ham, Potato Salad, Garden Salad Homemade Rolls	5 Breakfast 9-10AM BBQ & Ice Cream Sundaes!
8 Breakfast 9-10AM Baked Lasagna Garden Salad & Garlic Bread	9 Roasted Chicken Breast Mashed Potatoes Veggies	10 Breakfast 9-10AM Shrimp Skewers & Rice Pilaf	11 Pork Chops Mashed Potatoes & Gravy Veggies	12 Breakfast 9-10AM BBQ & Ice Cream Sundaes!
15 Breakfast 9-10AM Shepherd's Pie & Homemade Rolls	16 <u>Boiled Dinner</u> Ham, Potatoes, Carrots, & Cabbage	17 Breakfast 9-10AM Chicken Fettuccini Garden Salad & Garlic Bread	18 Mac-N-Cheese Garden Salad Homemade Rolls	19 Breakfast 9-10AM BBQ & Ice Cream Sundaes!
22 Breakfast 9-10AM Honey Garlic Pork Stir Fry Basmati Rice Homemade Rolls	23 Salsbury Steak with Mushroom Gravy Mashed Potatoes Veggies	24 Breakfast 9-10AM Chicken Burgers & French Fries	25 Spaghetti & Meatsauce Garlic Bread	26 Breakfast 9-10AM BBQ & Ice Cream Sundaes!
29 Breakfast 9-10AM Breaded Fish Roasted Potatoes & Veggies	30 Beef Stew & Homemade Rolls	31 Breakfast 9-10AM Baked Ham Mashed Potatoes Veggies	1 Cheese Tortellini in Tomato Sauce Garden Salad & Homemade Rolls	2 Breakfast 9-10AM BBQ & Ice Cream Sundaes!

Continental Breakfast served Monday, Wednesday, & Friday 9-10AM only
Selection of fruit, berries, yogurt, muffins, pastry.

Lunch everyday at 12pm
Members \$7 Non-members \$10 * *Includes tea/coffee & dessert!