

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 LABOUR DAY CENTRE CLOSED	6 Meatloaf Mashed Potatoes & Gravy Veggies	7 Breakfast 9-10AM Chicken Stir-fry Rice Pilaf Garlic Bread	8 Baked Lasagna Garden Salad & Garlic Bread	9 Breakfast 9-10AM BBQ & Ice Cream Sundaes!
12 Breakfast 9-10AM Chicken Burgers & French Fries	13 Shepherd's Pie & Homemade Rolls	14 Breakfast 9-10AM Pork Chops Mashed Potatoes & Gravy Veggies	15 Bangers & Mash (sausages & mashed potatoes) Veggies	16 Breakfast 9-10AM BBQ & Ice Cream Sundaes!
19 Breakfast 9-10AM Mac-N-Cheese Garden Salad Homemade Rolls	20 <u>Boiled Dinner</u> Ham, Potatoes, Carrots, & Cabbage	21 Breakfast 9-10AM Fish Cakes Homemade Baked Beans Dinner Rolls	22 Roasted Chicken Breast Mashed Potatoes Veggies	23 Breakfast 9-10AM Last BBQ of the Season! BBQ & Ice Cream Sundaes!
26 Breakfast 9-10AM Chicken Fettuccini Garden Salad & Garlic Bread	27 Beef Stew Homemade Rolls	28 Breakfast 9-10AM Spaghetti & Meatsauce Garlic Bread	29 Breaded Fish Roasted Potatoes Veggies	30 Breakfast 9-10AM Salsbury Steak with Mushroom Gravy Mashed Potatoes Veggies

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 LABOUR DAY CENTRE CLOSED	6 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	7 10:00 Coffee & Conversation 1:00 Jeopardy!	8 10:30 Chair Dancing 10:30 Two Houses Theatre 1:00 Crib Club & Games Afternoon	9 10:00 Tech Buddies 1:00 Friday Funday Karaoke & Happy Hour!
12 11:00 Member's Meeting 1:00 Board Game Afternoon	13 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	14 10:00 Coffee & Conversation 1:00 Laughter Exercise	15 10:30 Chair Dancing 10:30 Two Houses Theatre 1:00 Crib Club & Games Afternoon	16 10:00 Tech Buddies 1:00 Friday Funday Trivia Afternoon!
19 10:00 Coffee & Conversation 1:00 Happy Kitchen Club *Registration required	20 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	21 10:00 Coffee & Conversation 1:00 Spotlight Stories	22 10:30 Chair Dancing 10:30 Two Houses Theatre 1:00 Crib Club & Games Afternoon	23 10:00 Tech Buddies 1:00 Friday Funday Karaoke & Happy Hour!
26 10:00 Coffee & Conversation 1:00 Happy Kitchen Club *Registration required	27 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	28 10:00 Coffee & Conversation 1:00 Laughter Exercise	29 10:30 Two Houses Theatre 12:30 Birthday Bash! 1:00 Crib Club & Games Afternoon	30 10:00 Tech Buddies 1:00 Friday Funday Trivia Afternoon!

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!