


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

SEPTEMBER 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Centre Closed for Labour Day	5 9-10AM Breakfast Chicken Caesar Salad Garlic Bread	6 9-10AM Breakfast Baked Ham Scalloped Potatoes Veggies	7 9-10AM Breakfast Salisbury Steak Mashed Potatoes Veggies	8 9-10AM Breakfast <u>Cold Plate</u> Shaved meats, Potato Salad, Coleslaw
11 9-10AM Breakfast Shepherd's Pie Dinner Rolls	12 9-10AM Breakfast Chicken Stir Fry Basmati Rice	13 9-10AM Breakfast Build your Own Submarine Sandwich	14 9-10AM Breakfast Spaghetti & Meatsauce Garden Salad Garlic Bread	15 9-10AM Breakfast Roasted Chicken Mashed Potatoes Veggies
18 9-10AM Breakfast Breaded Haddock Roasted Potatoes Coleslaw	19 9-10AM Breakfast Beef Stew Homemade Biscuits	20 9-10AM Breakfast Cabbage Rolls Garden Salad Garlic Bread	21 9-10AM Breakfast Sweet & Sour Pork Rice Pilaf	22 9-10AM Breakfast Hot Chicken Sandwich Mashed Potatoes Veggies
25 9-10AM Breakfast Chicken Alfredo Penne Garden Salad Garlic Bread	26 9-10AM Breakfast Homestyle Meatloaf Mashed Potatoes Veggies	27 9-10AM Breakfast Chicken Stew Homemade Biscuits	28 9-10AM Breakfast Meat Lasagna Garden Salad Garlic Bread  <i>12:30 Birthday Bash!</i>	29 9-10AM Breakfast Homestyle Mac-n-Cheese Broccoli Salad

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

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Centre Closed for Labour Day	5 10:00 Bird Feeders with Davolyn 1:00 Bingo *please register by 12:45	6 10:30 Chair Pilates 1:00 Afternoon at Public Gardens	7 10:30 Chair Dancing 1:00 Crib Club & Games Afternoon	8 11:00 Cinnamon Buns 1:00 Karaoke & Happy Hour!
11 10:00 Nordic Pole Walking Group 11:00 Member's Meeting 1:00 Nutrition Workshop	12 10:00 Tech Buddies 1:00 Bingo *please register by 12:45	13 Foot Care Clinic 9-4 10:30 Chair Pilates 1:00 Halifax Transit Focus Group	14 10:30 Chair Dancing 1:00 Crib Club & Games Afternoon	15 10:00 Coffee & Conversation 1:00 Jeopardy & Happy Hour!
18 10:00 Adaptive Device Workshop 1:00 Connected Kitchens "Fall Harvest"	19 10:00 Coffee & Conversation 1:00 Bingo *please register by 12:45	20 Foot Care Clinic 9-4 10:30 Chair Pilates 1:00 Pharmacy Workshop with Eric	21 10:30 Chair Dancing 1:00 Crib Club & Games Afternoon	22 11:00 Cinnamon Buns 1:00 Karaoke & Happy Hour!
25 10:00 Nordic Pole Walking Group 1:00 Connected Kitchens	26 10:00 Tech Buddies 1:00 Bingo *please register by 12:45	27 10:30 Book Club 1:00 Board Game Afternoon	28 10:30 Chair Dancing 12:30 Birthday Bash! 1:00 Crib Club & Games Afternoon	29 10:00 Coffee & Conversation 1:00 Jeopardy & Happy Hour!

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