

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

# JULY 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>CLOSED</b> For Renovations <b>No Programs</b>	2 <b>CLOSED</b> For Renovations <b>No Programs</b>	3 <b>CLOSED</b> 11:00 <b>Halifax Waterfront Boardwalk Stroll</b>	4 <b>CLOSED</b> For Renovations <b>No Programs</b>	5 <b>CLOSED</b> For Renovations <b>No Programs</b>
8 <b>CLOSED</b> For Renovations <b>No Programs</b>	9 <b>10:00 Walking Group</b> <b>10:30 Tech Buddies</b> <b>1:00 Bingo</b> <i>*please register by 12:45</i>	10 <b>Foot Care Clinic 9-4</b> <b>10:30 Chair Dancing</b>  <b>1:00 Documentary</b>	11 <b>10:30 Fitness</b>  <b>1:00 Crib Club &amp; Games Afternoon</b>	12 <b>10:30 Crafting Corner</b>  <b>1:00 Baby Shower!</b>
15 <b>10:00 Coffee Social</b>  <b>1:00 Gardening Club</b>	16 <b>10:00 Walking Group</b> <b>10:30 Nail Painting</b> <b>1:00 Bingo</b> <i>*please register by 12:45</i>	17 <b>10:30 Chair Dancing</b> <b>12:30 Lunch and Learn Remember When Workshop</b>	18 <b>10:30 Fitness</b>  <b>1:00 Crib Club &amp; Games Afternoon</b>	19 <b>10:30 Crafting Corner</b>  <b>1:00 Karaoke &amp; Happy Hour</b>
22 <b>10:00 Coffee Social</b>  <b>1:00 Gardening Club</b>	23 <b>10:00 Walking Group</b> <b>10:30 Tech Buddies</b> <b>1:00 Bingo</b> <i>*please register by 12:45</i>	24 <b>10:30 Chair Dancing</b>  <b>1:00 Sexual Health Centre "Sex After 60"</b>	25 <b>10:30 Fitness</b>  <b>1:00 Crib Club &amp; Games Afternoon</b>	26 <b>10:30 Crafting Corner</b>  <b>1:00 Concerts in Care</b>
29 <b>10:00 Coffee Social</b>  <b>1:00 Gardening Club</b>	30 <b>10:00 Walking Group</b> <b>10:30 Nail Painting</b> <b>1:00 Bingo</b> <i>*please register by 12:45</i>	31 <b>10:30 Book Club</b> <b>12:30 Lunch and Learn Food and Mood</b> <b>1:00 Workshop</b>	1 <b>10:30 Fitness</b> <b>12:30 Birthday Bash</b>  <b>1:00 Crib Club &amp; Games Afternoon</b> 	2 <b>10:30 Crafting Corner</b>  <b>1:00 Summer Fun Day!</b>


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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<sup>1</sup> <b>CLOSED</b> For Renovations	<sup>2</sup> <b>CLOSED</b> For Renovations	<sup>3</sup> <b>CLOSED</b> For Renovations	<sup>4</sup> <b>CLOSED</b> For Renovations	<sup>5</sup> <b>CLOSED</b> For Renovations
<sup>8</sup> <b>CLOSED</b> For Renovations	<sup>9</sup> <b>Pizza Party!</b> Celebrating our Re-opening	<sup>10</sup> <b>Wellness Wednesday!</b> Baked Haddock Sweet Potato Mash Roasted Carrots Low Sugar Dessert	<sup>11</sup> <b>Mac &amp; Cheese</b> <b>Broccoli Salad</b>	<sup>12</sup> <b>BBQ</b> Twoonie Dog Days \$2/hotdogs Ice Cream Sundaes
<sup>15</sup> <b>Honey Garlic</b> Pork Stir Fry Rice Pilaf Spring Rolls	<sup>16</sup> <b>Fish Burgers</b> <b>Roasted</b> <b>Potatoes</b>	<sup>17</sup> <b>Wellness Wednesday!</b> Grilled Chicken Caesar Salad Low Sugar Dessert	<sup>18</sup> <b>Cabbage Rolls</b> <b>Garlic Bread</b>	<sup>19</sup> <b>BBQ</b> Twoonie Dog Days \$2/hotdogs Ice Cream Sundaes
<sup>22</sup> <b>Chicken Alfredo</b> Penne Garlic Bread	<sup>23</sup> <b>Beef Stew</b> <b>Homemade</b> <b>Biscuits</b>	<sup>24</sup> <b>Wellness Wednesday!</b> Salmon Cakes Summer Salad Whole Wheat Roll Low Sugar Dessert	<sup>25</sup> <b>Lasagna</b> <b>Garden Salad</b> <b>Garlic Bread</b>	<sup>26</sup> <b>BBQ</b> Twoonie Dog Days \$2/hotdogs Ice Cream Sundaes
<sup>29</sup> <b>Shepards Pie</b> <b>Dinner Rolls</b>	<sup>30</sup> <b>Baked Ham</b> <b>Scalloped Potatoes</b>	<sup>31</sup> <b>Wellness Wednesday!</b> Chicken Skewers Greek Salad Whole Wheat Pita Low Sugar Dessert	<sup>1</sup> <b>Hot Chicken</b> Sandwich Mashed Potatoes Birthday Bash 12:30 	<sup>2</sup> <b>BBQ</b> Twoonie Dog Days \$2/hotdogs Ice Cream Sundaes

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