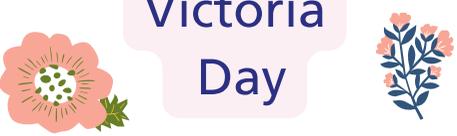


Drop-in Program
Monday to Friday
9:00 am - 3:00 pm

MAY 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 10:00 Coffee Social 1:00 Art Conversation Cafe	30 10:00 Peer Nail Painting 1:00 Bingo *please register by 12:45	1 Foot Care Clinic 9-4 10:30 Chair Dancing 1:00 Wellness Wednesday Spa Day	2 10:30 Fitness 1:00 Crib Club & Games Afternoon	3 10:30 Crafting Corner 1:00 Two Houses Spring Play
6 10:00 Coffee Social 1:00 Art Conversation Cafe	7 10:30 Tech Buddies 1:00 Bingo *please register by 12:45	8 Foot Care Clinic 9-4 10:30 Chair Dancing 1:00 Emergency Preparedness Workshop	9 10:30 Fitness 1:00 Crib Club & Games Afternoon	10 10:30 Mother's Day Crafting Corner 1:00 Concerts in Care Mother's Day Music
13 10:00 Coffee Social 1:00 Gardening Club First Meeting	14 10:00 Peer Nail Painting 1:00 Bingo *please register by 12:45	15 10:30 Chair Dancing 1:00 Wellness Wednesday Happy At Home	16 10:30 Fitness 1:00 Crib Club & Games Afternoon	17 10:30 Crafting Corner 1:00 Spencer House Trivia Bowl
20 Closed May 20th Victoria Day 	21 10:30 Tech Buddies 1:00 Bingo *please register by 12:45	22 10:30 Chair Dancing 1:00 Wellness Wednesday Gardening	23 10:30 Fitness 1:00 Crib Club & Games Afternoon	24 10:30 Crafting Corner 1:00 Karaoke & Happy Hour!
27 10:00 Coffee Social 1:00 Gardening Club Public Garden Visit	28 10:00 Peer Nail Painting 1:00 Bingo *please register by 12:45	29 10:30 Book Club 1:00 Wellness Wednesday Fraud Prevention	30 10:30 Fitness 12:30 Birthday Bash!  1:00 Crib Club & Games Afternoon	31 10:30 Crafting Corner 1:00 TD Trivia & Happy Hour!

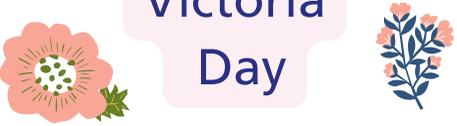
The Berkeley Breakfast
 served Monday to Friday 9-10AM
 Selection of fruit, berries, yogurt, smoothies, pastry

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

Drop-in Program
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9:00 am - 3:00 pm

MAY 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Chicken Stir Fry Rice Pilaf Spring Rolls	30 Beef Stew Homemade Biscuits	1 Wellness Wednesday! Chicken Caesar Salad Garlic Bread Low Sugar Dessert	2 Cabbage Rolls Garden Salad Garlic Bread	3 Pork Chops Mashed Potatoes Veggies
6 Spaghetti & Meatsauce Garden Salad Garlic Bread	7 Shepards Pie Dinner Rolls	8 Wellness Wednesday! Veggie Quiche Spinach Salad Low Sugar Dessert	9 Honey Garlic Pork Stir Fry Basmati Rice	10 Seafood Chowder Homemade Biscuits
13 Homestyle Mac-n-Cheese Broccoli Salad	14 Lasagna Garden Salad Garlic Bread	15 Wellness Wednesday! Chunky Chicken Stew Homemade Biscuits Low Sugar Dessert	16 Breaded Haddock Roasted Potatoes Veggies	17 Meatloaf Mashed Potatoes Veggies
20 Closed May 20th Victoria Day 	21 Chicken Burgers Oven Fries Veggies	22 Wellness Wednesday! Cod Cakes Spring Salad Low Sugar Dessert	23 Swedish Meatballs Hot Buttered Noodles Veggies	24 Breakfast for Lunch!
27 Bangers and Mash Veggies	28 Cold Plate Shaved Meats Potato Salad Coleslaw	29 Wellness Wednesday! Baked Haddock Sweet Potato Mash Roasted Carrots Low Sugar Dessert	30 Hot Chicken Sandwich  Mashed Potatoes Veggies	31 50's Diner Day!! HamBurgers Rootbeer Floats

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 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!**