

SUNDAY

MONDAY

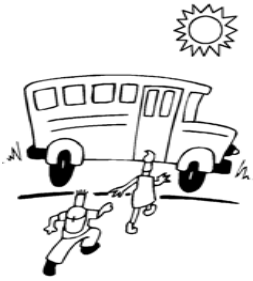
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



July 2010



12:00 Midday Dinner



Canada Day
Office Closed

8-1 Hairdressing
10:00 Physiotherapy
12:00 Midday Dinner
1:30 **Canadian Movie:**
"The Company of Strangers"
4:45 Evening Meal

12:00 Midday Dinner

4
1:00 Midday Dinner

5
12:00 Midday Dinner
2:00 Choir Rehearsal
4:45 Evening Meal

6
10:00 Physiotherapy
12:00 Midday Dinner
1:30 Dr. Borgono
2:00 Tai Chi NEW
(Our first class!)

7
10:00 Fitness
12:00 Midday Dinner
1:30 Shopping Service -
Walmart Supercentre
4:45 Evening Meal

8-1 Hairdressing
10:00 Physiotherapy
10:30 Centennial Park Picnic
12:00 Midday Dinner
2:30 Away "Wii" Go
4:45 Evening Meal

8-1 Hairdressing
10:00 Crafts
10:00 Physiotherapy
12:00 Midday Dinner
1:30 Movies Off the Wall
An American in Paris
4:45 Evening Meal

12:00 Midday Dinner

11
1:00 Midday Dinner

12
12:00 Midday Dinner
2:00 Choir Rehearsal
4:45 Evening Meal

13
10:00 Physiotherapy
12:00 Midday Dinner
1:30 Dr. Borgono
2:00 Tai Chi

14
10:00 Fitness
12:00 Midday Dinner
1:30 Shopping Service -
Lawrence Square
4:45 Evening Meal

8-1 Hairdressing
10:00 Physiotherapy
10:45 Sunnybrook Park Picnic
12:00 Midday Dinner
2:30 Away "Wii" Go
4:45 Evening Meal

8-1 Hairdressing
10:00 Physiotherapy
12:00 Midday Dinner
1:30 Movies Off the Wall
"20,000 Leagues Under the Sea"
4:45 Evening Meal

12:00 Midday Dinner

1:00 Midday Dinner

19
12:00 Midday Dinner
2:00 Choir Rehearsal
4:45 Evening Meal
1:30 Toronto Music Garden Trip NEW

20
10:00 Physiotherapy
12:00 Midday Dinner
1:30 Dr. Borgono
2:00 Tai Chi
3:30 Ice Cream Social

21
10:00 Fitness
12:00 Midday Dinner
1:30 Shopping Service -
Forest Hill Loblaws
4:45 Evening Meal

8-1 Hairdressing
10:00 Physiotherapy
12:00 Midday Dinner
2:30 Away "Wii" Go
4:45 Evening Meal

8-1 Hairdressing
10:00 Crafts
10:00 Physiotherapy
12:00 Midday Dinner
1:30 Movies Off the Wall
"Up in the Air"
4:45 Evening Meal

12:00 Midday Dinner

1:00 Midday Dinner

26
12:00 Midday Dinner
2:00 Choir Rehearsal
4:45 Evening Meal


27
10:00 Physiotherapy
12:00 Midday Dinner
1:30 Dr. Borgono
2:00 Tai Chi
3:30 Afternoon Tea

28
10:00 Fitness
12:00 Midday Dinner
1:30 No Shopping
4:45 Evening Meal

8-1 Hairdressing
10:00 Physiotherapy
12:00 Midday Dinner
2:30 Away "Wii" Go
4:45 Evening Meal

8-1 Hairdressing
10:00 Physiotherapy
10:00 Volunteer Coffee
12:00 Midday Dinner
1:30 Movies Off the Wall
"3 Coins in the Fountain"
4:45 Evening Meal

12:00 Midday Dinner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	July 2010 What's On the Menu? 		PRICING Sat-Wed \$5.50 Thursdays \$7.00 Fridays \$4.50 Evening Meal \$5.25	1 soup, meat pie, mashed potato, vegetable No Evening Meal	2 hamburgers, assorted salads Evening: haddock, mashed potato, vegetable	3 sausage, baked potato, vegetable
4 roast turkey, mashed potato, vegetable	5 dill salmon, roast potato, vegetable Evening: sausage casserole, bread	6 meat loaf, roast potato, vegetable	7 lamb, mashed potato, vegetable Evening: macaroni & cheese, salad, bread	8 soup, Swiss steak, baked potato, vegetable Evening: chicken stew, tea biscuit	9 pizza, salad Evening: beef rice casserole, bread	10 stuffed chicken, fries, vegetable
11 ham, scalloped potato, vegetable	12 lemon cod, mashed potato, vegetable Evening: beef sweet potato casserole, bread	13 curry chicken	14 shepherd's pie, vegetable Evening: meat lasagna, salad, bread	15 beef stew, tea biscuit Evening: chicken broccoli casserole, bread	16 pancakes, sausage Evening: salmon crunch, vegetable, bread	17 spaghetti & meatballs
18 roast beef, mashed potato, vegetable	19 chilli, tea biscuit Evening: beef wellington, mashed potato, vegetable	20 chicken pieces, fries, vegetable	21 haddock, roast potato, vegetable Evening: shepherd's pie, vegetable, bread	22 soup, swiss steak, mashed potato, vegetable Evening: stuffed chicken, fries, vegetable	23 soup, tuna or turkey salad sandwich Evening: lemon cod, mashed potato, vegetable	24 meat lasagna, vegetable
25 ham, roasted potato, vegetable	26 meat loaf, mashed potato, vegetable Evening: curry chicken, bread	27 sausage, scalloped potato, vegetable	28 macaroni & cheese, vegetable Evening: meat pie, mashed potato, vegetable	29 soup, dill salmon, roast potato, vegetable Evening: chicken broccoli casserole, bread	30 scrambled eggs, peameal bacon, roast potato Evening: haddock, mashed potato, vegetable	31 chicken pieces, fries, vegetable