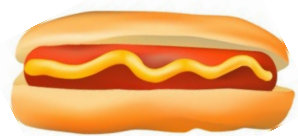




AUGUST 2017 CALENDAR


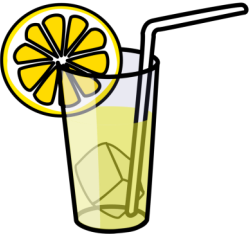


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Legend</p> <p>CL - Common Lounge CR - Craft Room F1 - 1st Floor F2 - 2nd Floor GR - Games Room HDR - Heritage Dining Room PDR - Private Dining Room T - Theatre</p>		<p>1 9-4 Paper Recycling</p> <p>8:30 Lab Work 10:30 Exercise (T) 1:30 Pencil Art 7:00 Pool</p>	<p>2 9:30 BP Clinic (T)</p> <p>10:15 Whoga (F1) 10:30 Whoga (F2) 1:30 Drum Circle</p>	<p>3</p> <p>10:30 Exercise (CL) 1:30 Old Thyme Bingo 6:45 Games Night</p>	<p>4</p> <p>10:00 RC Church 7:00 Dick Lerner Band</p>	<p>5</p> <p>1:00 Pool (G)</p>
<p>6</p>	<p>7</p> <p>Heritage Day</p>	<p>8 9-4 Paper Recycling</p> <p>8:30 Lab Work 10:30 Exercise (T) 1:30 Inspirational Music (CL) 7:00 Pool</p>	<p>9 9:30 BP Clinic (T)</p> <p>10:15 Whoga (F1) 10:30 Whoga (F2) 9:30 - 11:00 B-12 Clinic (T) 1:30 Trump Whist(CR) 6:30 Antique Car Show</p>	<p>10</p> <p>10:30 Exercise (T) 1:30 Old Thyme Bingo 6:45 Games Night</p>	<p>11</p> <p>10:00 RC Church 1:30 Beach Party Social (CL) 2:30-3:30 Tuck Shop 7:00 Phillip Marleau</p>	<p>12</p> <p>1:00 Pool (G) 7:00 Card Bingo (HDR)</p>
<p>13</p> <p>2:00 Church Service</p>	<p>14</p> <p>AM Bottle Pick up 10:15 Whoga (F1) 10:30 Whoga (F2)</p>	<p>15 9-4 Paper Recycling</p> <p>8:30 Lab Work 10:00 MH Library 10:30 Exercise (T) 2:00 2017 Stampede Royalty (CL) 7:00 Pool (G)</p>	<p>16 9:30 BP Clinic (T)</p> <p>10:15 Whoga (F1) 10:30 Whoga (F2) 1:45 Birthday Party (HDR) 7:00 Happy Gang</p>	<p>17</p> <p>10:30 Exercise (T) 1:30 Old Thyme Bingo 6:30 Bible Study (PDR) 6:45 Games Night</p>	<p>18</p> <p>10:00 RC Church 1:30 Medicine Hat Transit Exhibit (CL)</p>	<p>19</p> <p>1:00 Pool (G)</p>
<p>20</p>	<p>21</p> <p>10:15 Whoga (F1) 10:30 Whoga (F2)</p>	<p>22 9-4 Paper Recycling</p> <p>8:30 Lab Work 10:30 Exercise (T) 1:30 Pencil Art 7:00 Pool (G)</p>	<p>23 9:30 BP Clinic (T)</p> <p>10:15 Whoga (F1) 10:30 Whoga (F2) 1:00 Trump Whist (GR)</p>	<p>24</p> <p>10:30 Exercise (T) 1:30 Old Thyme Bingo 6:30 Bible Study (PDR) 6:45 Games Night 7:00 Nuts 'N' Bolts</p>	<p>25</p> <p>10:00 RC Church 1:30 Happy Hour (CL) 2:30-3:30 Tuck Shop</p>	<p>26</p> <p>1:00 Pool (G) 7:00 Card Bingo (HDR)</p>
<p>27</p> <p>11:30-1:00 Sunday Brunch</p>	<p>28</p> <p>10:15 Whoga (F1) 10:30 Whoga (F2)</p>	<p>29 9-4 Paper Recycling</p> <p>8:30 Lab Work 10:30 Exercise (T) 1:30 Craft (CR) 7:00 Dave Schmerier Band</p>	<p>30 9:30 BP Clinic (T)</p> <p>10:15 Whoga (F1) 10:30 Whoga (F2) 7:00 Pool (GR)</p>	<p>31</p> <p>10:30 Exercise (T) 1:30 Old Thyme Bingo 6:30 Bible Study (PDR) 6:45 Games Night</p>		



AUGUST 2017 MENU



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Yellow Pea Soup Mandarin Barley Salad Veal Cutlet & Mushroom Sauce Chicken Thigh Zucchini or Yellow Beans Pan Fried Potatoes or Rice Jello Parfait or Fruit	2 Cream of Tomato Soup Banana Nut Salad Shepherds Pie Spanish Omelette PEI Mixed Vegetables Oven Roasted Potatoes Butter Tart Sheetcake or Fruit	3 Beef Rice Soup Caesar Salad Chicken Caesar Salad & Garlic Toast Spaghetti & Meatsauce Garden Mixed Vegetables Mashed Potatoes Maple Walnut Ice Cream or Fruit	4 Potato Soup Coleslaw Beer Battered Cod Fish & Chips Pork Pepper Pot Peas & Carrots Rice or Fries Strawberry Rhubarb Pie or Fruit	5 Wonton Soup Power Salad Sweet & Sour Pork Chicken Adobo Stir-Fry Rice or Pancit Mango Ice Cream or Cookie or Fruit
6 Cream of Cauliflower Waldorf Salad Turkey Breast Roast, Gravy & Cranberry Sauce Cold Cuts, Croissant, Fruit & Cottage Cheese Green Beans or Butternut Squash Mashed Potatoes Apple Crisp or Fruit	7 Minestrone Soup Greek Salad Texas Hash Grilled Tilapia Fish Fillet & Tarter Sauce Mixed Vegetables Rice Pilaf or Mashed Potatoes Pudding or Fruit	8 Chicken Vegetable Soup Cucumber Salad Ham & Honey Mustard Sauce Beef Stew & Biscuit California Mix Vegetables Scalloped Potatoes Black Forest cake or Fruit	9 Borscht Soup Mushroom Salad Meat Cabbage Roll & Tomato Sauce Honey Garlic Chicken Drumsticks Fancy Mixed Vegetables Mashed Potatoes or Perogies Lemon Mousse or Fruit	10 French Onion Soup Tossed Salad Chicken Breast Supreme Bacon, Scrambled Eggs & Croissant Honey Glazed Carrots or Fresh Asparagus O'Brien Potatoes or Mashed Potatoes Peach Cobbler or Fruit	11 Seafood Chowder Quinoa & Fruit Polynesian Pork Chop Maple Haida Salmon & Lemon Wedge Broccoli or Green Beans Mashed Potatoes or Rice Jell-O parfait or Fruit	12 Cream of Broccoli Kaleslaw Chicken Bacon Melt Beef Stroganoff Garden Mix Vegetables Potato Pancakes or Egg Noodles Peach Melba or Fruit
13 Beef Barley Soup Broccoli Salad Veal Roast & Gravy Seafood Salad Whipped Turnips or Peas Mashed Potatoes Boston Cream Pie or Fruit	14 Thick & Hearty Lentil Soup Mimosa Salad Sweet & Sour Meatballs Cobb Salad w/Kale & Diced Turkey & Garlic Toast Garden Mixed Vegetables Rice or Mashed Potatoes Coconut Cream Pudding or Fruit	15 Cream of Mushroom Soup Chantilly Salad Roast Beef & Gravy Pancake & Sausage Brussels Sprouts or Carrots Mashed Potatoes Triple Berry Crisp or Fruit	16 German Pea Soup Harvest Salad Crunchy Perch, Tarter Sauce & Lemon Greek Chicken & Spring Lentil Salad Cauliflower or Green Beans Rice or Sweet Potatoes Lemon Tart or Fruit	17 Chicken Vegetable Soup Broccoli Salad Beef Wellington & Gravy Old Style Ribs & Sauerkraut Peas or Yellow Beans Baked Potatoes Cherry Pie or Fruit	18 Clam Chowder, Orzo Salad Apple Orchard Porkchop, Apple Sauce & Gravy Linguine Seafood Alfredo & Garlic Toast Sautéed Zucchini or Roasted Tomato Steamed Baby Potatoes Oatmeal Raisin Cookie or Fruit	19 Beef Noodle Soup Mushroom Salad Danish Meatloaf Chicken Stir-Fry Stir-Fry Vegetables or Braised Red Cabbage Mashed Potatoes or Rice Trifle or Fruit
20 Cream of Tomato Soup Spinach, Strawberry & Dressing Ham & Pineapple Glaze Oven Baked Chicken Drumsticks Orange Kissed Parsnips or Mixed Vegetables Scalloped Potatoes or Rice Pear Belle Helene or Fruit	21 Chicken Vegetable Soup Oriental Noodle Salad Sweet & Sour Pork Salisbury Steak, Onion Rings & Gravy Corn or Broccoli Rice or Mashed Potatoes Fruit Cocktail	22 Navy Bean Soup Tossed Salad Liver, Onions & Gravy Chicken Caesar Salad & Garlic Toast Peas or Carrots Mashed Potatoes Chocolate Cake or Fruit	23 Hamburger Soup, Veggies & Dip Grilled Dinner Sausage, Onions & Gravy Roasted Chicken Thigh & Gravy Fancy Mixed Vegetables or Sauerkraut Croquette Potatoes or Perogies Strawberry Parfait or Fruit	24 Cream of Broccoli Spinach Salad Country Style Beef Stew Squash & Spinach Quiche Creamed Corn or Green Beans O'Brien Potatoes Cookies or Fruit	25 Corn Chowder, Quinoa Salad Grilled Tilapia Fish & Tarter Sauce Ginger Beef & Spring Roll Stir-Fry w/ Bok Choy Mashed Potatoes or Rice Noodles Banana Fudge Ice Cream or Fruit	26 Lentil Soup Greek Salad Beef Pot Roast Penne Alfredo Broccoli or Whipped Squash Oven Roasted Potatoes Blueberry Cheesecake or Fruit
27 Beef Barley Soup Banana Nut Salad Pork Tenderloin Cutlet, Fried Apple & Onions & Gravy Mediterranean Tuna Salad & Croissant, Mashed Potatoes Braised Red Cabbage or Carrots, Danish or Fruit	28 Navy Bean Soup Pear & Carrot Salad Shepherd's Pie & Gravy Baked Cod & Lemon Sauce Green Beans or Butternut Squash Steamed Potatoes Brownies or Fruit	29 Cream of Potato Soup Marinated Tomato Salad Beef Stroganoff Macaroni & Cheese Beets or Peas Buttered Noodles or Mashed Potatoes Chocolate Pudding or Fruit	30 Green Pea Soup Creamy Cucumber Salad Porcupine Meatballs & Tomato Sauce Baked Chicken Thigh & Gravy Garden Mixed Vegetables Mashed Potatoes or Rice Pineapple Upside-down Cake or Fruit	31 Beef Vegetable Soup Caesar Salad Veal Oscar Vegetarian Lasagna Broccoli or Cauliflower Mashed Potatoes Lemon Meringue Pie or Fruit	<i>Life's Uncertain... Eat Dessert First!</i>	