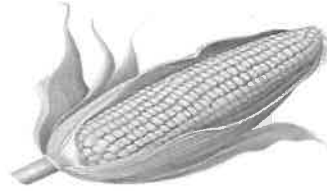
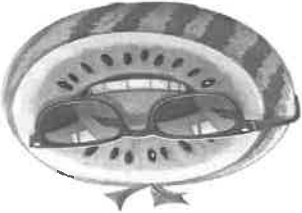


# September Menu

2026

| Sunday                                                                                                                                                                                              | Monday                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                | Thursday                                                                                                                                                                              | Friday                                                                                                                                                                                                           | Saturday                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                     |                                                                                                                                                                                                           | 1                                                                                                                                                                                        | 2                                                                                                                                                                                                        | 3                                                                                                                                                                                     | 4                                                                                                                                                                                                                | 5                                                                                                                                                                                                  |
|                                                                                                                    |                                                                                                                          | French Onion Soup<br>Caesar Salad<br>Veal Cutlet & Gravy<br>Chicken A La King (GF)<br>Pasta or Mashed Potatoes<br>Asparagus or Brussel Sprouts<br>Lemon Pudding or Fruit                 | Chicken Rice Soup<br>Coleslaw<br>BBQ Pork Chop (GF)<br>Chicken Burger<br>Fries or Garlic Mashed Potato<br>Peas or Parsnips<br>Caramel Swirl Cake or Fruit                                                | Split Pea Soup<br>Chantilly Salad<br>Macaroni & Cheese<br>Beef Stroganoff (GF)<br>Oven Roasted Potatoes or Egg Noodles<br>Diced Beets or Carrots<br>Chocolate Mousse or Fruit         | Cauliflower Soup<br>Tossed Salad<br>Mediterranean Glazed Pollock (GF)<br>Chicken Cacciatore (GF)<br>Mashed Potatoes or Rice<br>Sunrise Mixed Vegetables<br>Mini Donut or Fruit                                   | Beef Vegetable Soup<br>Carrot Raisin Salad<br>Pork Loin (GF) w/ Red Wine Gravy<br>Tomato Meat sauce (GF)<br>Mashed Potato or Spaghetti<br>Zucchini or Corn<br>Tapioca Pudding or Fruit             |
| 6                                                                                                                                                                                                   | 7                                                                                                                                                                                                         | 8                                                                                                                                                                                        | 9                                                                                                                                                                                                        | 10                                                                                                                                                                                    | 11                                                                                                                                                                                                               | 12                                                                                                                                                                                                 |
| Carrot Squash Soup<br>Tomato Cucumber Salad<br>Baked Ham & Pineapple (GF)<br>Greek Chicken Salad & Croissant<br>Scalloped Potatoes<br>Cream Corn or Brussel Sprouts<br>Chocolate Cream Pie or Fruit | Tomato Basil Soup<br>Mushroom Salad<br>Shepherd's Pie & Gravy (GF)<br>Fish Burger<br>Fries<br>Green Beans<br>Yogurt & Berries or Fruit                                                                    | Broccoli Soup<br>Ichiban Salad<br>Honey Garlic Rib Bites<br>BBQ Chicken Drumstick (GF)<br>Sweet Potato Fries or Rice<br>California Mixed Vegetables<br>Tropical Chiffon Pudding or Fruit | Belgian Cabbage Soup<br>Broccoli Salad<br>Liver & Onions w/ Bacon & Gravy<br>Ham & Cheese Quiche<br>Mashed Potato or O'Brien Potatoes<br>Fancy Mix Vegetables<br>Banana Cake or Fruit                    | Borscht Soup<br>Waldorf Salad<br>Beef & Cabbage Casserole (GF)<br>Farmer Sausage<br>Potato Wedge or Perogies<br>Peas or Sauerkraut<br>Butterscotch Ice Cream or Fruit                 | Hamburger Soup<br>Potato Salad<br>Honey Glazed Chicken Thigh (GF)<br>Maple soy Glazed Slamon (GF)<br>Dill Roasted baby Potatoes or Rice<br>Cauliflower & Cheese Sauce or Zucchini<br>Vanilla Cream Puff or Fruit | Lentil Soup<br>Tossed Salad<br>Sweet & Sour Chicken Balls<br>Peppered Beef<br>Brown Rice or Garlic Mashed Potatoes<br>Oriental Vegetables<br>Caramel Cheesecake or Fruit                           |
| 13                                                                                                                                                                                                  | 14                                                                                                                                                                                                        | 15                                                                                                                                                                                       | 16                                                                                                                                                                                                       | 17                                                                                                                                                                                    | 18                                                                                                                                                                                                               | 19                                                                                                                                                                                                 |
| Cream of Celery Soup<br>Chantilly Salad<br>Roast Beef w/ Gravy (GF) & Yorkshire Pudding<br>Seafood Salad w/ Fruit & Croissant<br>Mashed Potatoes<br>Turnips or Squash<br>Lemon Pie or Fruit         | Minestrone Soup<br>Tossed Salad<br>Mushroom Meatballs<br>Breaded Sole & Tartar Sauce<br>Fries or Rice<br>PEI Vegetables<br>Mango Ice Cream or Fruit                                                       | Mushroom Soup<br>Tomato & Cucumber Salad<br>Chicken Thigh w/ Chalet Sauce (GF)<br>Pork Cutlet & Gravy<br>Mashed Potatoes<br>Fancy Mixed Vegetables<br>Coconut Pudding or Fruit           | Beef Barley Soup<br>Macaroni Salad<br>Spinach & Cheese Quiche<br>Salisbury Steak (GF) w/ Gravy & Onion Rings<br>Mashed Potatoes or Potato Pancakes<br>Carrots or Green Beans<br>Red Velvet Cake or Fruit | Potato Soup<br>Carrot Raisin Salad<br>Fried Chicken & Gravy<br>Pork Ragout (GF)<br>Spaghetti or Curley Fries<br>Broccoli & Cheese Sauce or Wax Beans<br>Butterscotch Pudding or Fruit | Corn Chowder Soup<br>Tossed Salad<br>Beef Pot Pie & Gravy<br>Shrimp Skewer w/Lemon (GF)<br>Rice Pilaf or Mashed Potatoes<br>Sunrise Mixed Vegetables<br>Mini Éclair or Fruit                                     | Chicken Noodle Soup<br>Spinach & Strawberry Salad<br>Chicken Quesadilla<br>Lasagna & Garlic Bread<br>Brown Rice or Oven Roasted Potatoes<br>Zucchini or Corn<br>Cookies & Cream Ice Cream or Fruit |
| 20                                                                                                                                                                                                  | 21                                                                                                                                                                                                        | 22                                                                                                                                                                                       | 23                                                                                                                                                                                                       | 24                                                                                                                                                                                    | 25                                                                                                                                                                                                               | 26                                                                                                                                                                                                 |
| Belgian Cabbage Soup<br>Coleslaw<br>Louisianan Ribs (GF)<br>Mushroom Omelet (GF)<br>Baked Potato or O'Brien Potatoes<br>Corn or Baked Beans<br>Apple Crisp or Fruit                                 | Lentil Soup<br>Mushroom Salad<br>Baked Chicken Drumstick (GF)<br>Pollock w/ Lemon & Dill (GF) (Un-Breaded)<br>Parsley Buttered Egg Noodles or Rice<br>California Vegetables<br>Pineapple Yum Yum or Fruit | Broccoli Soup<br>Ichiban Salad<br>Chicken Stir Fry (GF)<br>Stuffed Pepper (GF)<br>Chow Mein Noodles or Rice<br>Stir Fry Veggies<br>Cookies or Fruit                                      | Navy Bean Soup<br>Tossed Salad<br>Pork Cutlet & Gravy<br>Liver & Onions w/ Bacon & Gravy<br>Mashed Potatoes<br>Broccoli & Cauliflower<br>Chocolate Pudding or Fruit                                      | Tomato Macaroni Soup<br>Greek Salad<br>Beef Taco<br>Rosemary Chicken Thigh (GF)<br>Tater Tots or Rice<br>Sunrise Vegetables<br>Cherry Cheesecake Ice Cream or Fruit                   | Mushroom Soup<br>Broccoli Salad<br>Smothered Pork Chop GF)<br>Fish Cake<br>Mashed Potatoes<br>Turnips or Carrots<br>Carrot Cake or Fruit                                                                         | Beef Gumbo Soup<br>Tomato & Cucumber Salad<br>Chicken Wings w/ Veg & Dip<br>Beef Stew (GF) & a Biscuit<br>French Fries or Mashed Potatoes<br>PEI Vegetables<br>Raspberry Sorbet or Fruit           |
| 27                                                                                                                                                                                                  | 28                                                                                                                                                                                                        | 29                                                                                                                                                                                       | 30                                                                                                                                                                                                       |                                                                                                                                                                                       |                                                                                                                                                                                                                  |                                                                                                                                                                                                    |
| Cream of Chicken Soup<br>Basil Corn & Feta Salad<br>Honey Dijon Pork Roast (GF)<br>Chicken Caesar Salad & Garlic Bread<br>Mashed Potatoes<br>Squash or Turnips<br>Cherry Tart or Fruit              | Vegetable Chickpea Soup<br>Tossed Salad<br>Veal Parmesan<br>Chili Lime Cod (GF)<br>Spaghetti or Oven Roasted Potatoes<br>Carrot Coins or Asparagus<br>Chocolate Cake or Fruit                             | French Onion Soup<br>Chantilly Salad<br>Farmer Sausage<br>Butter Chicken (GF)<br>Potato Wedge or Rice<br>Brussel Sprouts or Corn<br>Strawberry Mousse or Fruit                           | Cauliflower Soup<br>Potato salad<br>Cheeseburger<br>Sweet & Sour Pork (GF)<br>Rice or Fries<br>Oriental Mixed Vegetables<br>Trifle or Fruit                                                              |                                                                                                  |                                                                                                                             |                                                                                                               |

| September                                                                                                                         |                                                                                                                                                        |                                                                                                                                                                                                    |                                                                                                                        |                                                                                                                                                                                                                                                 |                                                                                                                                            |                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Sunday                                                                                                                            | Monday                                                                                                                                                 | Tuesday                                                                                                                                                                                            | Wednesday                                                                                                              | Thursday                                                                                                                                                                                                                                        | Friday                                                                                                                                     | Saturday                                                                                                    |
| <div>  </div>                                | <div>  </div>                                                     | <div> 10:00 Music &amp; Devotional(GR)<br/> 10:00 Whoga (T)<br/> 1:00 Movie secret lives of Bees (T)<br/> 3:00 Card Games (CL) </div>                                                              | <div> 10:00 Morning with Allyson(CL)<br/> 1:00 Jar lanterns (CR)<br/> 3:00 Card Games (CL) </div>                      | <div> SL4 (T) 10:00 Chair Tai Chi<br/> SL4 1<sup>st</sup> floor 10:30 Coffee<br/> Chat &amp; Treasures<br/> 1:00 \$Bingo\$ (CL)<br/> 2:30 Bible Study (L)<br/> SL4 2<sup>nd</sup> Fl Alcove 2:30 Puzzle </div>                                  | <div> 9:40 RC Communion (T)<br/> SL4 (CL) Gathering Mug<br/> SL4 (CL) 1:00 Finnigan<br/> Therapy Dog </div>                                | <div> 1:00 Glenns Movie Time<br/> Viewer's Choice (T) </div>                                                |
| 6 Bottle Pick up                                                                                                                  | 7 Wear Red Day                                                                                                                                         | 8 Wear Pink Day                                                                                                                                                                                    | 9                                                                                                                      | 10 Wear Blue Day                                                                                                                                                                                                                                | 11 Wear Purple Day                                                                                                                         | 12                                                                                                          |
| <div> 7:00 Bumper Shuffleboard (GR)<br/> OFFICE CLOSED<br/> 3:30 Non-Denominational Church (T)<br/> 7:00 Shuffleboard (GR) </div> | <div> 14 Wear Red Day </div>                                                                                                                           | <div> 10:00 Music &amp; Devotional(GR)<br/> 10:00 Whoga (T)<br/> SL4 (T)1:00 TV Show"1883"<br/> (Western)<br/> 2:00 Rusty Nails (HDR)<br/> 3:00 Card Games (CL) </div>                             | <div> 10:15 Drum Exercise (T)<br/> SL4 (T) 1:00 Armchair Travel<br/> 2:30 Whoga (T)<br/> 3:00 Card Games (CL) </div>   | <div> SL4 (T) 10:00 Chair Tai Chi<br/> SL4 2<sup>nd</sup> floor 10:30 Coffee<br/> Chat &amp; Treasures<br/> 12:45 \$Bingo\$(CL)<br/> 2:00 Kitchen talk with Kara<br/> 2:30 Bible Study (L)<br/> SL4 1<sup>st</sup> Fl Alcove 2:30 Puzzle </div> | <div> 9:40 RC Mass (T)<br/> 10:30 RC Coffee Time (GR)<br/> 12:30 Root beer Floats in Foyer<br/> 2:00 Arbutus Holiday Band (HDR) </div>     | <div> 1:00 Glenns Movie Time<br/> Viewer's Choice (T)<br/> 7:00 Card Bingo (CL) </div>                      |
| 13 Grandparents Day                                                                                                               | 14 Wear Red Day                                                                                                                                        | 15 Wear Pink Day                                                                                                                                                                                   | 16                                                                                                                     | 17 Wear Blue Day                                                                                                                                                                                                                                | 18 Wear Purple Day                                                                                                                         | 19                                                                                                          |
| <div> 2:00 Country Mix (HDR)<br/> 7:00 Bumper Shuffleboard (GR) </div>                                                            | <div> 10:15 Noodle Exercise (T)<br/> SL4 (GR)1:00 Nail Spa<br/> SL4 (CL) 1:00 Card Bingo<br/> 7:00 Shuffleboard (GR) </div>                            | <div> 10:00 Music &amp; Devotional(GR)<br/> 10:00 Whoga (T)<br/> 1:00 Resident Council Meeting (T)<br/> 2:00 AI's Pals (HDR)<br/> 3:00 Card Games (CL)<br/> 3:30 Victory Lutheran Church(T) </div> | <div> 10:15 Drum Exercise (T)<br/> SL4 (T) 1:00 Yarn Coaster (CR)<br/> 2:30 Whoga (T)<br/> 3:00 Card Games (CL) </div> | <div> SL4 (T) 10:00 Chair Tai Chi<br/> SL4 1<sup>st</sup> floor 10:30 Coffee<br/> Chat &amp; Treasures<br/> 1:00 \$Bingo\$ (CL)<br/> 2:30 Social Club (T)<br/> 2:30 Bible Study (L)<br/> SL4 2<sup>nd</sup> Fl Alcove 2:30 Puzzle </div>        | <div> 9:40 RC Communion (T)<br/> 10:30 RC Coffee Time (GR)<br/> SL4 (CL) Gathering Mug<br/> SL4 (CL) 1:00 Finnigan<br/> Therapy Dog </div> | <div> 1:00 Glenns Movie Time<br/> Viewer's Choice (T)<br/> 3:00 Margie's Music &amp; Motivation (CL) </div> |
| 20                                                                                                                                | 21 Wear Red Day                                                                                                                                        | 22 Wear Pink Day                                                                                                                                                                                   | 23                                                                                                                     | 24 Wear Blue Day                                                                                                                                                                                                                                | 25 Wear Purple Day                                                                                                                         | 26                                                                                                          |
| <div> 3:00 Good News Gathering (T)<br/> 7:00 Bumper Shuffleboard (GR) </div>                                                      | <div> 10:15 Noodle Exercise (T)<br/> 1:00 TP Roll Flowers (CR)<br/> SL4 (T)1:00 Movie "8 Seconds"<br/> 2:30 Whoga (T)<br/> 7:30 DVM Music (HDR) </div> | <div> 10:00 Music &amp; Devotional(GR)<br/> 10:00 Whoga (T)<br/> SL4 (T) 1:30 TV Show" 1883"<br/> (Western)<br/> 1:00 Hear Canada (CL)<br/> 3:00 Card Games (CL) </div>                            | <div> 10:15 Drum Exercise (T)<br/> 1:00 Games with Kathy &amp; Linda (GR)<br/> 3:00 Card Games (CL) </div>             | <div> SL4 (T) 10:00 Chair Tai Chi<br/> SL4 2<sup>nd</sup> floor 10:30 Coffee<br/> Chat &amp; Treasures<br/> 1:00 \$Bingo\$ (CL)<br/> 2:30 Bible Study (L)<br/> SL4 1<sup>st</sup> Fl Alcove 2:30 Puzzle </div>                                  | <div> 9:40 RC Mass (T)<br/> 10:30 RC Coffee Time (GR)<br/> 11-2 Flo's Baking (TS) </div>                                                   | <div> 1:00 Glenns Movie Time<br/> Viewer's Choice (T)<br/> 7:00 Card Bingo (CL) </div>                      |
| 27                                                                                                                                | 28 Wear Red Day                                                                                                                                        | 29 Wear Pink Day                                                                                                                                                                                   | 30                                                                                                                     |                                                                                                                                                                                                                                                 |                                                                                                                                            |                                                                                                             |
| <div> 7:00 Bumper Shuffleboard (GR)<br/> 7:00 Bumper Shuffleboard (GR) </div>                                                     | <div> 10:15 Noodle Exercise (T)<br/> 1:00 Nail Spa (GR)<br/> SL4(CL) 1:00 Card Bingo<br/> 7:00 Shuffleboard (GR) </div>                                | <div> 10:00 Music &amp; Devotional(GR)<br/> 10:00 Whoga (T)<br/> 1:00 Lady bug craft (CR)<br/> 3:00 Card Games (CL)<br/> 7:30 Rodi &amp; the Guys (HDR) </div>                                     | <div> OFFICE CLOSED<br/> 1:00 Glenns Special Movie Time<br/> Viewer's Choice (T)<br/> 3:00 Card Games (CL) </div>      | <div>  </div>                                                                                                                                                | <div>  </div>                                             | <div>  </div>              |