






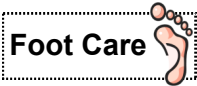



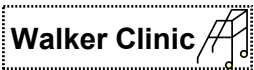




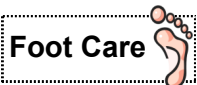



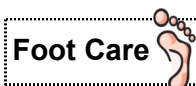



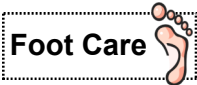


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch is served from 11:30 a.m. to 1 p.m.</p> <p>Please contact Front Reception to book any appointments.</p>			<p>1 Sweet and Sour Pork</p> <p>Foot Care </p>	<p>2 Closed (Bazaar Setup)</p> <p>Polar Christmas Bazaar Tomorrow 9:30 a.m.—2 p.m.</p>
<p>5 Steak and Mushroom Pie</p> <p>Legal Services </p> <p>Dental Hygiene Clinic </p>	<p>6 Baked Chicken Leg</p> <p>Coping with Grief During the Holiday Season Seminar 11 a.m.</p>	<p>7 Quiche Lorraine</p> <p>Foot Care </p> <p>Walker Clinic </p>	<p>8 Spaghetti and Meat Sauce</p> <p>Festive Dinner at 5 p.m. (Tickets Required) Dance at 7 p.m. Grey Jazz Combo (Jazz)</p> <p>Denture Clinic </p>	<p>9 Baked Ham</p> <p>Movie at 1 p.m. “Elf” (PG)</p>
<p>12 Farmer Sausage</p>	<p>13 Cheeseburger Pie</p> <p>Bone Builders—Osteoarthritis Seminar 1 p.m.</p> <p>Foot Care </p>	<p>14 Chicken with Mushroom Sauce</p>	<p>15 Veal Parmesan</p>	<p>16 Roast Pork</p> <p>Movie at 1 p.m. “Moonlight and Mistletoe” (PG)</p> <p>Birthday Party 1:15 p.m.</p>
<p>19 Ravioli</p>	<p>20 Soup and Sandwiches in Room 022/024</p> <p>Christmas Brunch (Ticket Required)</p>	<p>21 Pork Chop</p>	<p>22 Hamburg Steak</p> <p>Dinner at 6 p.m. Chicken Supreme Dance at 7 p.m. Peter C. (Country & Rock n’ Roll)</p>	<p>23 Roast Turkey</p> <p>Movie at 1 p.m. “Deck the Halls” (PG)</p>
<p>26</p> <p>CLOSED</p>	<p>27</p> <p>CLOSED</p>	<p>28</p> <p>CLOSED</p>	<p>29</p> <p>CLOSED</p>	<p>30</p> <p>CLOSED</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Oktoberfest Sausage	3 Pork Cutlet	4 Coq au Vin 	5 Beef Bourguignonne	6 Roast Lamb Movie at 1 p.m. "The Proposal" (PG) 
9 Chicken Caesar Wrap 	10 Chili 10 a.m. to 2 p.m.	11 Lemon Pepper Sole Program Registration	12 Chicken Parmesan Dinner at 6 p.m. Dance at 7 p.m. Grey Jazz Combo (Jazz)	13 Thyme Roasted Pork Movie at 1 p.m. "Monte Carlo" (PG)
				
16 Swedish Meatballs 	17 Chicken and Broccoli Casserole Bone Builders—Osteoporosis Seminar 1 p.m. 	18 Pulled Pork on a Bun Nutrition 101 1 p.m. 	19 Fettuccine Alfredo 	20 Baked Honey Ham Movie at 1 p.m. "Water for Elephants" (PG)
23 Chinese Platter Happy New Year! 	24 Shepherd's Pie	25 Soup and Sandwiches in Room 022/024 Rabbie Burns Lunch (Tickets Required) 	26 BBQ Chicken Drumsticks Dinner at 6 p.m. Dance at 7 p.m. Mark DuBroy (Golden Oldies)	27 Corned Beef and Cabbage Birthday Party 1:15 p.m. Movie at 1 p.m. "Night at the Museum" (PG)
30 Swedish Meatballs 	31 Baked Haddock Members' Meeting 1 p.m.	Lunch is served from 11:30 a.m. to 1 p.m. Please contact Front Reception to book any appointments.		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Lasagna	2 Chicken Schnitzel	3 Roast Turkey Movie at 1 p.m. "Something Borrowed" (PG)
6 Pork Chop with Gravy  Foot Care  Legal Services	7 Spanish Rice Drive Wise Seminar 10 a.m.	8 Tourtière  Massage Therapy	9 Chicken A la King Dinner at 6 p.m. Stuffed Sole Dance at 7 p.m. Sharps and Flats	10 Ham Steak Movie at 1 p.m. "P.S. I Love You" (PG)
13 Polish Sausage	14 Soup and Sandwiches in Room 022/024 Valentine's Day Lunch (Tickets Required)	15 Beef Macaroni and Cheese  Foot Care	16 Breast of Chicken  Dental Hygiene Clinic	17 Roast Beef Movie at 1 p.m. "The Help" (14A)
20 CLOSED Family Day	21 Seafood Newburg	22 Chicken Pot Pie	23 Beef Stew Dinner at 6 p.m. Chicken Stir Fry Dance at 7 p.m. Identity Crisis (Mix of Rock, Country & Blues)  Foot Care	24 Honey Mustard Roast Pork Birthday Party 1:15 p.m. Movie at 1 p.m. "The Bucket List"  Blood Pressure Clinic
27 Veal Cutlet  Foot Care	28 Braised Chicken Legs	29 Cabbage Rolls Leap Year Tea (Tickets Required)	Lunch is served from 11:30 a.m. to 1 p.m. Please contact Front Reception to book any appointments	