


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Our programs slow down over the summer, and the Centre is pretty quiet. Please pop in for coffee, a chat, work on the puzzle or just say hi!</i></p>			<p><u>1</u> 5:00 pm Meal Program *Breaded Pork Chop</p>	<p><u>2</u> 1:30 pm Sip & Stitch 1:30 pm Sit & Paint</p>	<p><u>3</u> 1:00 pm Bingo 5:00 pm Meal Program *Dry Ribs 7:15 pm Crib Night</p>	<p><u>4</u></p>
<p><u>5</u></p>	<p><u>6</u> Centre is Closed <i>Terry Fox Day</i></p>	<p><u>7</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program *Baked Fish</p>	<p><u>8</u> 5:00 pm Meal Program *Braised Steak</p>	<p><u>9</u> 1:30 pm Sit & Paint 1:30 pm Sip & Stitch <i>1:30 pm Grief Support</i></p>	<p><u>10</u> 1:00 pm Bingo 5:00 pm Meal Program *Chicken Cordon Blue 7:15 pm Crib Night</p>	<p><u>11</u></p>
<p><u>12</u> Pancake Brunch 10:00am-1:00 pm</p> 	<p><u>13</u></p>	<p><u>14</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program *Liver & Onions</p> <p>7:00 pm Family Support ...for family & friends of individuals who have mental illness.</p>	<p><u>15</u> <i>Senior Centre Focus Group</i> <i>1:30 pm</i> <i>Tell us what activities you would participate in!</i> <i>Dinner & Movie</i> <i>"Madame"</i> <i>Dinner 5:00</i> <i>Movie 6:15</i></p>	<p><u>16</u> 1:30 pm Sip & Stitch 1:30 pm Sit & Paint</p>	<p><u>17</u> 1:00 pm Bingo 5:00 pm Meal Program *Chicken Parmesan 7:15 pm Crib Night</p>	<p><u>18</u></p>
<p><u>19</u></p>	<p><u>20</u> <i>7:00 pm Mood Disorder Support</i></p>	<p><u>21</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program *Caribbean Chicken</p>	<p><u>22</u> 5:00 pm Meal Program *Veal Cutlet</p>	<p><u>23</u> 1:30 pm Sit & Paint 1:30 pm Sip & Stitch</p>	<p><u>24</u> 1:00 pm Bingo 5:00 pm Meal Program *BBQ Burgers 7:15 pm Crib Night</p>	<p><u>25</u></p>
<p><u>26</u></p>	<p><u>27</u></p>	<p><u>28</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program *Honey Garlic Chicken</p>	<p><u>29</u> 5:00 pm Meal Program *Roast Beef</p>	<p><u>30</u> 1:30 pm Sit & Paint 1:30 pm Sip & Stitch</p>	<p><u>31</u> 1:00 pm Bingo 5:00 pm Meal Program *Ham Supreme 7:15 pm Crib Night</p>	<p></p>