

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Centre Closed for the Holidays	2 Sole with Parsley	3 Pierogies with Bacon Hearing Clinic 	4 Veal with Tomato Herb Sauce  Hair Care	5 Roast Pork Loin Movie "Skyfall" (PG 13)
8 Chicken Santa Fe Legal Services 	9 Liver and Onions Winter Program Registration	10 Shepherd's Pie Foot Care 	11 Grilled Ham Steak  Hair Care	12 Seafood Alfredo Movie "Tomorrow Never Dies" (PG 13)
Winter Program Registration		10:00am-2:00pm		
15 Beef Pot Pie  Massage Therapy	16 Farmer Sausage	17 Chili with Cornbread <div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> Chatting About Music Seminar 10:30-11:30am </div>	18 Chicken with Mushrooms  Hair Care	19 Lasagna Movie "Finding Dory" (G)
22 Chicken Drumsticks	23 Mac and Cheese <div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> Active Release Technique Seminar 10:30-11:30am </div> <div style="background-color: #FFDAB9; padding: 5px; text-align: center;"> New Member Orientation 1:00pm-2:00pm Rm 142/147 </div>	24 Soup and Sandwiches (alternate dining room) <div style="background-color: #FF8C00; padding: 5px; text-align: center;"> Rabbie Burns Lunch (tickets required) </div> Foot Care 	25 Turkey à la King  Hair Care	26 Hamburg Steak *No Movie*  Birthday Party Blood Pressure Clinic   Final Planning Answer Desk
29 Tourtière	30 Pork Chop	31 Spanish Rice Walker Clinic  Foot Care 	Please Contact Front Reception to Book Any Appointments.	Lunch is Served Daily from 11:30am to 1:00pm