

















October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Herbed Chicken Breast Legal Services 	2 Teriyaki Pork Chop <div style="border: 1px solid black; background-color: #f4a460; padding: 5px; text-align: center;"> Bus Trip Fall Colour Tour 10:30 am—5:00 pm (tickets required) </div> <div style="border: 1px solid black; background-color: #4CAF50; color: white; padding: 5px; text-align: center; margin-top: 10px;"> New Member Orientation 1:00pm-2:00pm </div>	3 Seafood Newburg Foot Care 	4 Tourtière Hair Care 	5 Soup and Sandwiches <div style="border: 1px solid black; background-color: #f4a460; padding: 5px; text-align: center;"> Harvest Meal 12:00pm (tickets required) </div> 
8 <div style="border: 1px solid black; background-color: #fff9c4; padding: 10px; text-align: center;"> Centre Closed for Thanksgiving </div> 	9 Chicken Parmesan	10 Quiche Lorraine <div style="border: 1px solid black; background-color: #ADD8E6; padding: 5px; text-align: center;"> Seminar: Lets Talk Diabetes! 10:30am - 11:30am </div>	11 Spaghetti and Meat Sauce Hair Care 	12 <div style="border: 1px solid black; background-color: #f0f0f0; padding: 10px; text-align: center;"> Centre Closed for Staff Training and Development </div>
15 Veal Marsala Esthetic Services  Massage Therapy 	16 Italian Sausage and Pasta <div style="border: 1px solid black; background-color: #ADD8E6; padding: 5px; text-align: center;"> Seminar: Foot Health 10:30am - 11:30am </div>	17 Fish Cakes Foot Care 	18 Pork Chop Chasseur Hair Care 	19 Chicken Stir Fry
22 Chicken Drumsticks	23 Macaroni and Cheese <div style="border: 1px solid black; background-color: #e91e63; color: white; padding: 5px; text-align: center;"> Member's Meeting 1:00pm 142/147 </div>	24 Soup and Sandwiches <div style="border: 1px solid black; background-color: #ff4500; color: white; padding: 5px; text-align: center;"> Oktoberfest Lunch 12:00pm (tickets required) </div> <div style="border: 1px solid black; background-color: #ADD8E6; padding: 5px; text-align: center; margin-top: 10px;"> Seminar: Neighbours Helping Neighbours 10:30am - 11:30am </div>	25 Baked Ham Hair Care 	26 Steak & Kidney Pie  Birthday Party Foot Care   Final Planning Answer Desk
29 Liver and Onions	30 Chicken Fingers	31 Pork Stroganoff <div style="border: 1px solid black; background-color: #f4a460; padding: 5px; text-align: center;"> Halloween Tea 1:00pm (tickets required) </div>  Foot Care 	<p style="text-align: center;">Please Contact Front Reception to Book Any Appointments</p>	<p style="text-align: center;">Lunch is Served Daily from 11:30am to 1:00pm</p>