

# February 2019

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <p><b>Please Contact Front Reception to Book Any Appointments</b></p>  | <p><b>Lunch is Served Daily from 11:30am to 1:00pm</b></p>  | <p><b>Early Bird Membership Renewal Begins February 4</b></p>   |  | <p><b>1 Soup &amp; Sandwiches</b></p> <div style="border: 2px solid red; padding: 5px; background-color: #ffe6e6;"> <p><b>Chinese Spring Festival (tickets required) 12:00pm</b></p> </div> <p>Alternate Dining Room 142/147</p> <p>Foot Care </p> |
| <p><b>4</b> Pork Chop with Tomato Sauce</p> <p><b>Legal Services</b></p>  | <p><b>5</b> Chicken Stew</p>  | <p><b>6</b> Tourtière</p> <p>Foot Care </p>   | <p><b>7</b> Spanish Rice</p> <p>Hair Care </p>  | <p><b>8</b> Sole</p>  |
| <p><b>11</b> Farmer Sausage with Apple</p>   | <p><b>12</b> Beef Macaroni and Cheese</p>   | <p><b>13</b> Frittata</p>  | <p><b>14</b> Breast of Chicken with Supreme Sauce</p> <div style="border: 2px solid pink; padding: 5px; background-color: #ffe6e6;"> <p><b>Valentine's Day Tea (tickets required) 1:00pm</b></p> </div> <p>Hair Care </p> | <p><b>15</b> Roast Beef</p> <p>Foot Care </p>  |
| <p><b>18</b></p> <div style="border: 2px solid lightblue; padding: 10px; background-color: #e6f2ff;"> <p><b>Centre Closed for Family Day</b></p> </div>    | <p><b>19</b> Hot Hamburg Sandwich</p>   | <p><b>20</b> Soup and Sandwiches</p> <div style="border: 2px solid purple; padding: 5px; background-color: #e6e6ff;"> <p><b>Mardi Gras Lunch (tickets required) 12:00pm</b></p> </div> <p>Alternate Dining Room 022/024</p> <p>Foot Care </p> | <p><b>21</b> Beef Stew</p> <p>Hair Care </p>  | <p><b>22</b> Chicken Drumsticks</p>  <p><b>Birthday Party</b></p>  |
| <p><b>25</b> Veal Cutlet</p> <p>Massage Therapy </p>                     | <p><b>26</b> Chicken</p> <div style="border: 2px solid blue; padding: 5px; background-color: #e6f2ff;"> <p><b>Seminar: Bullying Between Older Adults 10:30am-11:30am</b></p> </div> | <p><b>27</b> Meatball Stroganoff</p> <div style="border: 2px solid blue; padding: 5px; background-color: #e6f2ff;"> <p><b>Seminar: MEDTalks 1:00pm-4:00pm</b></p> </div> <p>Dental Hygiene Clinic </p>  | <p><b>28</b> Cabbage Rolls</p> <p>Hair Care </p>  |   |