

October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch is Served Daily from 11:30am to 1:00pm</p>	<p>1 Swedish Meatballs</p>	<p>2 Pork Chop Chausser</p> <p>Seminar: Ketosis 10:30am-12:00pm</p> <p>Foot Care </p>	<p>3 Macaroni & Cheese</p> <p>Hair Care </p>	<p>4 Centre Closed for Staff Training and Development</p>
<p>7 Steak & Kidney Pie</p> <p>Legal Services </p>	<p>8 Ham Steak</p> <p>Day Trip Barry's Bay, ON 9:00am-4:30pm (tickets required)</p>	<p>9 Chicken Drumsticks</p>	<p>10 Baked Fish with Dill Sauce</p> <p>Hair Care </p>	<p>11 Soup & Sandwiches</p> <p>Harvest Meal 12:00pm (tickets required)</p> <p>Foot Care </p>
<p>14 Centre Closed for Thanksgiving</p>	<p>15 Hamburg Steak</p> <p>Member's Meeting Room 142/147 1:00pm</p>	<p>16 Pork Pepper Steak</p> <p>Seminar: Fixed Income 12:30pm-1:30pm</p> <p>Foot Care </p>	<p>17 Roasted Chicken</p> <p>Hair Care </p>	<p>18 Beef Stroganoff</p>
<p>21 Pizza & Salad</p> <p>Oktoberfest 12:00pm (tickets required)</p> <p>Massage Therapy </p>	<p>22 Chicken Fajita</p>	<p>23 Shepherd's Pie</p> <p>Dental Hygiene Clinic </p>	<p>24 Thyme Rubbed Roast Pork Loin</p> <p>Hair Care </p>	<p>25 Chili con Carne</p> <p>Birthday Party </p> <p>Foot Care </p>
<p>28 Chicken Breast Santa Fe</p>	<p>29 Seafood Newburg</p> <p>Seminar: Neighbours Helping Neighbours 9:30am-3:00pm</p>	<p>30 Tourtière</p> <p>Foot Care </p>	<p>31 Coq au Vin</p> <p>Halloween Tea 1:00pm (tickets required)</p> <p>Hair Care </p>	<p>Please Contact Front Reception to Book Any Appointments</p>