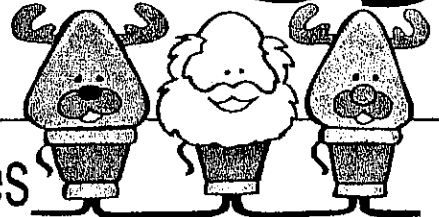


DECEMBER 2009



Menus

7th

Chicken Parmesan
Fettuccini noodles
Oregon been medley
Broccoli coleslaw
Cherry Cheesecake
Dinner roll

14th

Baked Fish / Tartar sauce
Augartin potatoes
Broccoli / Carrifruit salad,
Pumpkin cupcake
Cornmeal roll

BIRTHDAY DINNER

16th Pre-pay \$3.00



Roast beef
Whipped potatoes & gravy
Green beans with bacon bits
Tossed green salad / dressing
Tangerine
Whole wheat roll / milk
Christmas macaroon/peppermint
Ice cream

21st

Roast Turkey/Gravy/Cranberry Sauce
Baked Potatoes/Sour Cream
Chuckwagon Corn/Lime Fruit Gelatin
M&M trail mix
Raisin nut roll

28th

Macaroni Beef Bake
Parmesan cheese
Orange buttered peas
Tossed salad/ dressing
Iced pumpkin bar
Potato roll

Schedule of Activities

Every Monday

9:00 Painting
9:00 NO Foot Clinic
9:00 Quilting
9:30 Line Dancing
10:00 Blood Pressure: Dec. 14th
10:30 Wii Gaming available
11:30 Lunch (2.50)
12:00 Bingo

Tuesday

Dec. 1st & 15th
10:15 Wii Bowling Tournament

*Sign up for exercise class
*Sign up for Board & Card games
*Sign up if you have an interest in Quilting.

*If you are interested in becoming a volunteer, talk to Shauna.

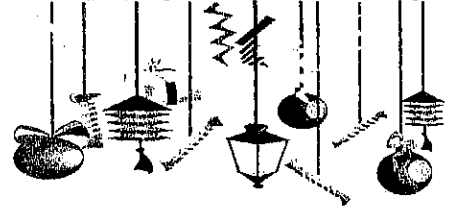
Every Wednesday

9:00 Ceramic
9:00 Stained glass class
9:00 Leather class
11:00 Sign up for computer class

Dec 16th BIRTHDAY DINNER

\$5.00 Dinner or \$3.00 signup and pre-pay
CHRISTMAS PARTY
Entertainment: Gary Romer of Sun, Shade and Rain
Don't miss this special night

Happy Birthday



Irene Hall
Albert Eakins
Glen Talbot
Carol Bishop
George Fleming
Cleone Foxley
Mary Johnson
Dottie Dyess
Gay Fleming
Merlin Paul
Norma Davies
Illene Gill
Chris Alatsas
Ed Rowe
Sharon Faulkner
Norman Wadsworth
Janet Gibson
Jay Schooler
Glen Davies
Bonnie Secor

