

THE CLUBHOUSE CALENDAR

JULY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast @ 9am-cost \$1.00 Food prep at 11am	Breakfast @9am-cost \$1.00 Food Prep 11am	MEMBERS MEETING- 10am Food Prep 11am	Breakfast @9am-cost \$1.00 Food Prep 11am	Soup/Sandwiches @ 12pm (\$1.00 or \$2/month) Live Music @ Lunch 12 – 1pm
3 CLOSED FOR CANADA DAY 	4 Cereal & Toast @ 9-10am Pineapple Stuffed Teriyaki Chicken @ 11am Crib Tournament @1pm	5 Sausage & Eggs @ 9am Learn to sew! @10am Maccaroni Salad @ 11am	6 Cereal & Toast @ 9-10am Tuna Melts @ 11am Jewelry Bead Making @1pm Resistance training @10:30am	7 Cereal & Toast @ 9-10am Confetti Spaghetti @11am Ping Pong @ 1pm
10 Cereal & Toast @ 9-10 am FCC meeting @10 am Spicy Sausage/ Pasta @11am Smoothies @ 1pm	11 Cereal & Toast @9-10am Antipasto Bake @11am Bingo @ 1pm	12 Breakfast wrap @ 9am Meat loaf @11am Flowers with Michele @1pm Guest Speaker Jaqueline Smoking Cessation (vaping)	13 Cereal & Toast @ 9-10am Tilapia Burgers & Watermelon salsa @11am Pool tournament @1pm	14 Cereal & Toast @ 9-10am Lazy man Cabbage Rolls @ 11am Twine string jar making @1pm Deadline for Wildlife park sign up
17 Cereal & Toast @ 9-10am Chef's salad & Sloppy Joes @11am Tye dye t-shirts @ 1pm	18 Cereal & Toast @ 9-10am Caribbean Chicken @11 am Picnic at the wildlife park-leave the Clubhouse @ 10:30am Cost \$5-includes lunch * Must sign up	19 Bacon & Eggs on English Muffin @ 9am Taco's @ 11:00 am	20 Cereal & Toast @ 9-10am Spaghetti Squash @ 11am Themed Cake Bake Off @ 1pm Resistance training @10:30am	21 Cereal & Toast @ 9-10am Coleslaw with Ham & Cheese Sandwich @ 11:00 pm Salsa Challenge prep/ tasting @1pm FCC Cheques Ready
24 Cereal & Toast @ 9-10am Butternut Chicken Wrap @11am Stained Glass @1pm	25 Cereal & Toast @ 9-10am Quilting program open 10-2pm Team Leadership Luncheon Lasagna @11:00pm Candles @1pm	26 French Toast @ 10am Cheque day-Closed at Noon	27 Cereal & Toast @ 9-10am BBQ Burgers & Greek Salad @ 11am Pool tournament @1 pm CPP/OAS Cheque day	28 Cereal & Toast @9-10am Waldorf salad & Clubhouse sandwiches @11am Pottery @ 1pm
31 Cereal & Toast @ 9-10am Chicken Parmesan 11am Karaoke @1pm	New to the Program- Cereal & toast breakfasts will now cost \$1.00. Soup/Sandwich Friday's have also been changed to a \$1.00 fee. Meal cards can be purchased at the Clubhouse- buy 4 meals get one FREE!	<i>Please note breakfast times have been **changed** 9:00-10:00am Mondays, Tuesdays, Thursdays & Fridays</i>		Join Clubhouse members on a trip to the wildlife park! Tuesday, July 18 th - only 10 spots available! Cost is \$5/person

