

# OCTOBER MEAL CALENDAR

MON	TUE	WED	THU	FRI
				01
				3:30pm Supper: Spaghetti  iChef: Eggplant Gratin
04	05	06	07	08
 3:30pm Supper: The Best Ratatouille	12 pm Surprise Lunch  3:30pm Supper: Bacon & Egg Sandwich with Hash browns	 12pm & 3pm <b>THANKSGIVING FEAST</b> *Sign up required	 12pm & 3pm <b>THANKSGIVING FEAST</b> *Sign up required	3:30pm Supper: Leftovers 
11	12	13	14	15
 CLOSED for the <b>Thanksgiving Holiday</b>	12 pm Surprise Lunch  3:30pm Supper: Grilled Bacon Mac & Cheese Sandwich	3:30pm Supper: Taco pizza 	12 pm Surprise Lunch  3:30pm Supper: Spaghetti	3:30pm Supper: Individual Meatloaf and mashed potatoes  iChef: Broccoli- Ramen Slaw & Chicken
18	19	20	21	22
3:30pm Supper: Ham & Cheese Sliders with baked Parmesan Zucchini sticks	12 pm Surprise Lunch 3:30pm Supper: BLT  <small>© CanStockPhoto.com</small>	3:30 pm Supper: Eggplant Gratin	12 pm Surprise Lunch  3:30pm Supper: Chicken pot pie	3:30pm Supper: Cabbage Roll Soup  iChef: Cauliflower Pizza Mug
25	26	27	28	29
3:30pm Supper: Fish and Chips	12 pm Surprise Lunch  3:30pm Supper: Korean Style Turkey Bowl	3:30pm Supper: BLT Quesadillas 	12 pm Surprise Lunch  3:30pm Supper: Roasted Cauliflower & Chicken	3:30pm Supper: PIZZA!! <b>HALLOWEEN PARTY</b> iChef: Tuscan Chicken Pasta

# OCTOBER 2021 ACTIVITY CALENDAR

MON	TUE	WED	THU	FRI
				<b>01</b> <b>Redwings</b> <b>7pm</b>
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
<p>11am Create a Thanksgiving Wreath with Larrissa</p> 	<p>Thanks Giving dinner Prep... <b>Help needed</b>, please.. Call Tammy!!</p> <p>2pm BINGO with Chester</p> 	 <p>THANKSGIVING FEAST *Sign up required*</p>  <p>Jam Session/ Karaoke</p>	 <p>THANKSGIVING FEAST *Sign up required*</p>  <p>RED WINGS GAME! 7PM</p>	<p>2 pm iChef Meeting, Help plan our meals!</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
 <p><b>CLOSED</b> for the <b>Thanksgiving Holiday</b></p>	<p>10am Journaling with Tammy</p> <p>2pm BINGO with Chester</p> 	<p>Look Out Tower Outing &amp; Rock Collecting</p>  <p>Jam Session/ Karaoke</p>	<p>1-4pm W.A.G.S Band! Join the music session! 2 pm iChef prep</p> 	<p>Pet Therapy  10:30 am: Ted Talk 3 A's of Awesome</p> <p>1 to 2 pm: Pet Therapy</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>10 am Morning Tea and Talk: lets talk about what activities you would like at Club 90</p> <p>2pm Jenga tournament!</p>	<p>2pm BINGO with Chester</p> <p>1030am Leaf Silhouette art, lets create something beautiful with nature!</p>	<p>2pm "Monster Mash"</p>  <p>Jam Session/ Karaoke</p> 	<p>Halloween mummy rock making.</p>  <p>2 pm iChef prep</p>	<p><i>Stepping Stones</i> Theme &amp; Layout RED WINGS 7PM! 1 to 2 pm: Pet Therapy</p> 
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p>Decorate for Halloween</p>  <p>11am Rice Krispie making</p>	<p>2pm BINGO with Chester</p>  <p>11am Toilet Paper Mummy How fast can you wrap Larrissa in toilet paper?</p>	<p><i>Stepping Stones</i> last call for articles!</p>  <p>Jam Session/ Karaoke</p>	<p>Halloween Games &amp; Pumpkin Carving</p>  <p>2 pm iChef prep</p> 	<p>Halloween Costume Day Party Check out the board for all the activities!!</p> 

