

# October 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 potato prep	1 pyrohy workshop	2 mac 'n cheese casserole  colouring Tenants' Lounge 6:30	3 diners' club – noon Filet of basa with oven roasted potatoes  exercise heritage room –	4 cabbage scalding	5 friends & coffee Tenants' Lounge 9:15
6	7 craft @ 1:30	8 holubtsi workshop	9 cabbage and ham casserole  social day  colouring Tenants' Lounge 6:30	10 diners' club – noon Turkey with all the fixins  exercise heritage room – 10:30am	11 soup & sandwich	12 friends & coffee Tenants' Lounge 9:15
13	14 Centre closed  Thanksgiving day	15 cabbage scalding	16 potato pancakes  social day  colouring Tenants' Lounge 6:30	17 diners' club – noon Meat Loaf with mashed potatoes  exercise heritage room – 10:30am	18 soup & sandwich	19 friends & coffee Tenants' Lounge 9:15
20	21 Election day – please vote! Residents vote in the Great Hall  bean bag toss @ 1:30	22 holubtsi workshop	23 frittata with ham  social day colouring Tenants' Lounge 6:30	24 diners' club – noon Chicken marsala with mushroom risotto	25 soup & sandwich	26 friends & coffee Tenants' Lounge 9:15
27	28 potato prep  Ukr video @ 1:30	29 pyrohy workshop	30 hash brown nests with breakfast sausage  October birthdays colouring Tenants' Lounge 6:30 	31 diners' club – noon Roast pork with parmesan potatoes  exercise heritage room – 10:30		