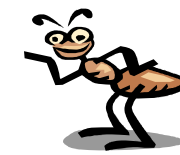



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July 2008



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p> NEEPAWA LILY FESTIVAL BUS TOUR FRIDAY, JULY 18 from 7:30 A.M. TO 9 P.M. Tour includes morning coffee at Herman Prior Senior Centre in Portage la Prairie, Tour Margaret Laurence House, Lunch, Guided Bus Tour of Neepawa, Tour the Lily Nook and browse Main Street Craft & Trade</p>	<p>1 HAPPY CANADA DAY! CENTRE & KITCHEN CLOSED.</p>	<p>2 9 - 10:30 a.m.. Taoist Tai Chi practice 1 - 4 p.m. Cribbage 2 p.m. July Birthday Party CABBAGE BORSHT, SHEPHERD'S PIE, TOSSED GARDEN SALAD, PEACH COBBLER</p>	<p>3 9:30 - 10:30 a.m. Fitness Class with video 1 - 4 p.m. Bridge & Whist CARROT SOUP, HOT PORK SANDWICH, FRIES, PEAS & CARROTS, FRESH FRUIT</p>	<p>4 10 a.m.— 3 p.m. Adult Day Program 5 p.m. Single Ladies' Night Out BEAN SOUP, SANDWICH, FRESH GARDEN SALAD, BANANA PUDDING</p>
<p>7 9:30 - 10:30 a.m. Fitness class with video 7—8 p.m. Taoist Tai Chi Beginner Class 8—9 p.m. Taoist Tai Chi Practice TOMATO JUICE, ROAST BEEF, BROWN GRAVY, MASHED POTATOES, MIXED VEGETABLES, COOKIES</p>	<p>8 10 a.m.—3 p.m. Adult Day Program HOME-MADE CHICKEN NOODLE SOUP, PIZZA, CAESAR SALAD, CUPCAKES</p>	<p>9 9 - 10:30 a.m. Taoist Tai-Chi practice 9 a.m. - 4 p.m. Footcare Call our office for an appointment. 1—4 p.m. Cribbage TOMATO MACARONI SOUP, BAKED FISH, TARTAR SAUCE & LEMON, POTATO WEDGES, TOSSED SALAD, LEMON SQUARES</p>	<p>10 9:30 - 10:30 a.m. Fitness Class with video 1 - 4 p.m. Bridge & Whist 6 p.m. Potluck Supper - Register by July 8. Presentation by Julie Friesen of 10,000 Villages. BEEF BARLEY SOUP, SWEET N' SOUR MEATBALLS, RICE, MIXED VEGETABLES, CHEESECAKE</p>	<p>11 10 a.m.—3 p.m. Adult Day Program CREAM OF BROCCOLI SOUP, BAKES CHICKEN BREAST, ROASTED POTATOES, BEETS, APPLE CRISP</p>
<p>14 9 a.m. - 4 p.m. Hastings Hearing Clinic Call 1-800-782-0078 9:30—10:30 a.m. Fitness Class with video SWISS ONION SOUP, BBQ RIBS, MUSHROOM RICE, PEAS, SPICE CAKE</p>	<p>15 10 a.m.—3 p.m. Adult Day Program 1 p.m. Duplicate Bridge & Dessert APPLE JUICE, PORK ROAST, BAKED POTATOES, KERNEL CORN, SALAD, FRUIT PLATZ</p>	<p>16 9 - 10:30 a.m. Taoist Tai Chi practice 1—4 p.m. Cribbage CHICKEN RICE SOUP, HAMBURGER ON A BUN, CALIFORNIA MIX, FRUIT CRISP</p>	<p>17 9:30—10:30 a.m. Fitness Class with video 9:30 a.m. Board Meeting 10:30 a.m. Book Club 1—4 p.m. Bridge & Whist MINISTRONE SOUP, CABBAGE ROLLS, SCALLOPED POTATOES, GREEN BEANS, PINEAPPLE UPSIDE-DOWN CAKE</p>	<p>18 7:30 a.m. - 9 p.m. Neepawa Lily Festival Bus Tour 9:30 a.m. - 3:30 p.m. Beltone Hearing Clinic Call 1-800-661-2653 for appointment 10 a.m.—3 p.m. Adult Day Program 7 - 9 p.m. Country/Pattern Dance Practice for students of David & Tina Letkeman VEGETABLE SOUP, CHICKEN CATALINA, PARSLEY POTATOES, CARROTS & PEAS, CHERRY DELIGHT</p>
<p>21 9:30 - 10:30 a.m. Fitness Class with video 7 - 8 p.m. Taoist Tai Chi Beginner Class 8 - 9 p.m. Taoist Tai Chi Practice SUMMER BORSHT, BEEF STEW, BISCUITS, CARROTS, CUPCAKES</p>	<p>22 10 a.m. - 3 p.m. Adult Day Program PINEAPPLE JUICE, BREADED CUTLETS, POTATO WEDGES, CREAM CORN, PLUMI MOOS</p>	<p>23 9 - 10:30 a.m. Taoist Tai-Chi practice 9:15 a.m. - 6:30 p.m. Warroad Casino Bus Trip 1—4 p.m. Cribbage SOUP, LASAGNE, GARLIC BUNS, CAESAR SALAD, TAPIOCA PUDDING WITH FRUIT TOPPING</p>	<p>24 9:30—10:30 a.m. Fitness Class with video 1:00—4:00 p.m. Bridge & Whist CHEESY CAULIFLOWER SOUP, PORK CHOPS WITH APPLE SAUCE, OVEN ROASTED POTATOES, TANGY FRUIT SALAD</p>	<p>25 10 a.m.—3 p.m. Adult Day Program POTATO SOUP, ROAST BEEF SANDWICH, ROMAINE SALAD, APPLE PIE</p>
<p>28 9 a.m. - 4 p.m. Hastings Hearing Clinic Call 1-800-782-0078 9:30 —10:30 a.m. Fitness Class with video 7 —8 p.m. Taoist Tai Chi Beginner Class 8 -9 p.m. Taoist Tai Chi Practice APPLE JUICE, BAKED CHICKEN, MASHED POTATOES, CREAMED PEAS, CHOCOLATE CAKE WITH CHERRIES</p>	<p>29 10 a.m. - 3 p.m. Adult Day Program HEARTY SOUP, FARMER SAUSAGE, KIELKE (NOODLES) AND CREAM GRAVY, TOSSED SALAD, PUMPKIN LOAF</p>	<p>30 9 - 10:30 a.m. Taoist Tai Chi practice 1 - 4 p.m. Cribbage SOUP, HAM, SCALLOPED POTATOES, APPLE & RAISIN COLESLAW, BROWNIES</p>	<p>31 9:30 - 10:30 a.m. Fitness Class with video 1 - 4 p.m. Bridge & Whist GRAPE JUICE, MEATY CHILI, HOME-MADE BUNS, PASTA SALAD, YOGURT FLUFF DESSERT</p>	<p>ATTENTION ALL COUNTRY & PATTERN DANCE STUDENTS OF DAVID & TINA LETKEMAN: YOU ARE INVITED TO TWO DANCE PRACTICES: FRIDAY JULY 18 AT 7 P.M. & SUNDAY AUGUST 17 AT 3 P.M.</p>