

# Parks Active Living Centre



<b>Menu JULY 2017</b>				
<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
Wed 5 <sup>th</sup> July	Wed 12 <sup>th</sup> July	Wed 19 <sup>th</sup> July	Wed 26 <sup>th</sup> July	
<b>Cottage Pie</b>	<b>Homemade Quiche Lorraine &amp; Jacket Potatoes</b>	<b>Pork Steak with Cider Sauce</b>	<b>Roast Chicken with Stuffing</b>	
Fri 7 <sup>th</sup> July	Fri 14 <sup>th</sup> July	Fri 21 <sup>st</sup> July	Fri 28 <sup>th</sup> July	
<b>Sausages, Mash and Gravy</b>	<b>Roast Gammon with Parsley Sauce</b>	<b>Fish and Chips</b>	<b>Ham and Mushroom Pie</b>	

# Activities Calendar July 2017

Sun	Mon	Tue	Wednesday	Thu	Friday	Sat
			Daily general knowledge and word quizzes; coffee and chat; topics of interest discussions		Daily general knowledge and word quizzes; coffee and chat; topics of interest discussions	
2	3	4	<b>5</b> <b>BOSSINGTON TRIP OUT</b> <b>Basketball/ brain games</b> <b>Coconut shy and bowls</b>	6	<b>7</b> <b>BOSSINGTON TRIP OUT</b> <b>Parachute/ Balloon swat</b> <b>Clothes-line races</b>	8
9	10	11	<b>12</b> <b>Gemma's Jane Austin talk</b> <b>Indoor golf</b> <b>Sing the oldies</b>	13	<b>14</b> <b>Service with Tim</b> <b>Flexercise and charades</b> <b>Cyril's songs</b>	15
16	17	18	<b>19 <i>**Bring a wedding photo!</i></b> <b>Flag dancing with Pat &amp; Debby</b> <b>*Wedding reminiscing</b> <b>Brian's California slides</b>	20	<b>21</b> <b>Rita's art fantasia</b> <b>Rex' keyboard dancing</b> <b>Mark's youth talk</b>	22
23	24	25	<b>26</b> <b>Animal story</b> <b>Strengthening session</b> <b>Afternoon Bingo</b>	27	<b>28</b> <b>Strengthening session</b> <b>Who wants to be a Millionaire?</b> <b>Bowls and board games</b>	29
30	31					1