

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>06/05 NATIONAL DONUT DAY 06/06 DAY 06/10 NATIONAL BLACK COW DAY 06/17 NATIONAL EAT YOUR VEGGIES DAY 06/18 NATIONAL FISHING DAY 06/21 LONGEST DAY OF THE YEAR 06/26 NATIONAL COCONUT DAY 06/28 NATIONAL BEAUTICIAN'S DAY LET'S CELEBRATE ELLIE 06/27 NATIONAL SUNGLASSES DAY SAVE THE DATE JULY 4TH CELEBRATION</p>	1 8:30 COFFEE TIME 10:00 MOBILITY MONDAY 11:00 GAMES SHOW Games 1:30 ANIMAL DOCUMENTARY 3:00 ART: GO WITH THE FLOW JELLYFISH	2 8:30 COFFEE TIME 10:00 SIT & FIT 11:00 LIVE MUSIC W/ TED WATERHOUSE 1:30 GARDENING IN THE PATIO 3:00 ART: POSTCARDS FROM AFAR	3 8:30 COFFEE TIME 10:00 CHURCH SERVICE 11:00 WORKOUT WITH WEIGHTS 1:30 WINE TIME 3:00 ART: ADULT COLORING	4 8:30 COFFEE TIME 10:00 SEATED EXERCISE 11:00 BINGO 1:30 PATIO SOCIAL 3:00 ART: JUNE PAINT BY NUMBERS	5 8:30 COFFEE TIME 10:00 GENTLE RANGE OF MOTION 11:00 LIVE MUSIC W/ LES BECK 1:30 NATURE DOCUMENTARY 3:00 ART: JUNK JOURNAL	6 8:30 COFFEE TIME 10:00 SEATED EXERCISE 11:00 ACTIVITIES IN THE N1 1:00 GARDENING IN THE PATIO 3:00 SING A LONG W/ SUZY Q D Day	
7 8:30 COFFEE TIME 9:30 CHURCH SERVICE VIRTUAL 10:30 SUNDAY STRECHES 1:00 BINGO 3:00 RELAXING ON THE PATIO	8 8:30 COFFEE TIME 10:00 MOBILITY MONDAY 11:00 GAMES SHOW Games 1:30 ANIMAL DOCUMENTARY 3:00 ART: GO WITH THE FLOW JELLYFISH	9 8:30 COFFEE TIME 10:00 SIT & FIT 11:00 LIVE MUSIC W/ RICK JARRETT 1:30 GARDENING IN THE PATIO 3:00 ART: POSTCARDS FROM AFAR	10 8:30 COFFEE TIME 10:00 CHURCH SERVICE 11:00 WORKOUT WITH WEIGHTS * 3:00 ART: PAINT AND SIP All Staff	11 8:30 COFFEE TIME 10:00 SEATED EXERCISE 11:00 BINGO 1:30 PATIO SOCIAL 3:00 ART: JUNE PAINT BY NUMBERS	12 8:30 COFFEE TIME 10:00 GENTLE RANGE OF MOTION 11:00 LIVE MUSIC W/ KEN WARRICK 1:30 NATURE DOCUMENTARY 3:00 ART: JUNK JOURNAL	13 8:30 COFFEE TIME 10:00 SEATED EXERCISE 11:00 ACTIVITIES IN THE N2 1:00 GARDENING IN THE PATIO 3:00 SING A LONG W/ SUZY Q	
14 8:30 COFFEE TIME 9:30 CHURCH SERVICE VIRTUAL 10:30 SUNDAY STRECHES 1:00 BINGO 3:00 RELAXING ON THE PATIO Flag Day (U.S.)	15 8:30 COFFEE TIME 10:00 MOBILITY MONDAY 11:00 GAMES SHOW Games 1:30 ANIMAL DOCUMENTARY 3:00 CRAFTERNOON	16 8:30 COFFEE TIME 10:00 SIT & FIT 11:00 LIVE MUSIC W/ TIM PACHECO 1:30 GARDENING IN THE PATIO 3:00 ART: POSTCARDS FROM AFAR	17 8:30 COFFEE TIME 10:00 CHURCH SERVICE 11:00 WORKOUT WITH WEIGHTS 1:30 WINE TIME 3:00 ART: ADULT COLORING	18 8:30 COFFEE TIME 10:00 SEATED EXERCISE 11:00 MINDFUL, KINDFUL DRUMS W/ DEE 1:30 PATIO SOCIAL 3:00 ART: JUNE PAINT BY NUMBERS	19 8:30 COFFEE TIME 10:00 GENTLE RANGE OF MOTION 11:00 LIVE MUSIC W/ TED WATERHOUSE 1:30 NATURE DOCUMENTARY 3:00 ART: JUNK JOURNAL Juneteenth	20 8:30 COFFEE TIME 10:00 SEATED EXERCISE 11:00 ACTIVITIES IN THE N3 1:00 GARDENING IN THE PATIO 3:00 SING A LONG W/ SUZY Q	
21 8:30 COFFEE TIME 9:30 CHURCH SERVICE VIRTUAL 10:30 SUNDAY STRECHES 12:00 FATHER'S DAY BBQ 3:00 RELAXING ON THE PATIO Summer Begins Father's Day	22 8:30 COFFEE TIME 10:00 MOBILITY MONDAY 11:00 GAMES SHOW Games 1:30 ANIMAL DOCUMENTARY 3:00 CRAFTERNOON	23 8:30 COFFEE TIME 10:00 SIT & FIT 11:00 LIVE MUSIC W/ KEN WARRICK 1:30 SCENIC DRIVE W/ CLAUDE 3:00 ART: POSTCARDS FROM AFAR	24 8:30 COFFEE TIME 10:00 CHURCH SERVICE 11:00 WORKOUT WITH WEIGHTS 1:30 WINE TIME 3:00 ART: ADULT COLORING	25 8:30 COFFEE TIME 10:00 SEATED EXERCISE 11:00 BINGO 1:30 PATIO SOCIAL 3:00 ART: JUNE PAINT BY NUMBERS	26 8:30 COFFEE TIME 10:00 GENTLE RANGE OF MOTION 11:00 LIVE MUSIC W/ LES BECK 1:30 NATURE DOCUMENTARY 3:00 ART: JUNK JOURNAL National Hairdresser Day	27 8:30 COFFEE TIME 10:00 SEATED EXERCISE 11:00 ACTIVITIES IN THE N1 1:00 GARDENING IN THE PATIO 3:00 SING A LONG W/ SUZY Q	
28 8:30 COFFEE TIME 9:30 CHURCH SERVICE VIRTUAL 10:30 SUNDAY STRECHES 1:00 BINGO 3:00 RELAXING ON THE PATIO	29 8:30 COFFEE TIME 10:00 MOBILITY MONDAY 11:00 GAMES SHOW Games 1:30 ANIMAL DOCUMENTARY 3:00 CRAFTERNOON	30 8:30 COFFEE TIME 10:00 SIT & FIT 11:00 SINGING WITH SUZY Q 1:30 GARDENING IN THE PATIO 3:00 ART: POSTCARDS FROM AFAR					

Sydney Creek Menu, Week 1

Week #1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dates:	6/21/2026	6/22/2026	6/23/2026	6/24/2026	6/25/2026	6/26/2026	6/27/2026
BREAKFAST							
HOT CEREAL	Oatmeal	Cream of Rice	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cream of Rice
ITEM 1	Scrambled Eggs	Denver Scrambled Eggs	Scrambled Eggs	Vegetable Quiche	Cheesy Scrambled Eggs	Poached Eggs	Croissant Sandwich with Egg and Cheese
ITEM 2	Belgium Waffle Sticks	Hash Browns	Cubed Potato Fries	Pork Sausage Patty	French Toast Sticks	Belgium Waffle Sticks	Tater Tot Potatoes
ITEM 3	Fruit Cocktail	Pork Sausage Links	Fruit Cocktail	Mandarin Oranges	Fruit Cocktail	Diced Peaches	Fruit Cocktail
LUNCH							
SOUP/SALAD	Father's Day BBQ	Salad Bar	Egg Drop Soup	Salad Bar	Caesar Salad	Salad Bar	Salad Bar
ENTRÉE	Chheese Burgers	Pot Roast with Beef Gravy	Chicken Stir-Fry	Roasted Pork Loin With Marsala Gravy	Carne Asada with Pico de Gallo	Home Made Crab Cakes With Hollandaise Sauce	Chicken Cordonblue with Chicken Gravy
SIDE 1	Hot Dogs	Mashed Potatoes	Steamed White Rice	Roasted red Potatoes	Mexican Rice	Lemon Basil Linguine	Mashed Potatoes
SIDE 2	Potato Salad	Buttered Fresh Vegetables		Buttered Fresh Vegetables	Refried beans	Buttered Fresh Vegetables	Buttered Fresh Vegetables
DESSERT	Fresh Fruit	Peach Crumble	Layered Chocolate Cake	Bread Pudding	Flan	Apple Turn-overs	Chocolate Chip Brownies
DINNER							
SOUP/SALAD	Cream Of Broccoli Soup			Beef Barley Soup			
ENTRÉE	Philly Steak Sandwich	Spaguetti With Meat Sauce	Italian Sausage Meatloaf	Cheese Burgers	Orange Chicken	Chipotle Chicken	Ground Beef Stew
SIDE 1	Wedgecut Fries	Garlic Dinner Rolls	Mashed Potatoes With Brown Gravy	Curly Fries	Vegetable Chow Mein	Corn Bread	Buttered Egg Noodles
SIDE 2		Buttered Squash Medley	Peas and Carrots Blend			Buttered Zucchini	Buttered Green Beans
DESSERT	Orange Jello	Pound Cake With Strawberry Glaze	Lemon Merenge Pie	Chocolate Pudding	Coconut Cream Pie	Boston cream pie	Bavarian Cream Eclairs