

| Sunday                                                                                                                                                                                                                               | Monday                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                      | Thursday                                                                                                                                                                                                         | Friday                                                                                                                                                                                                             | Saturday                                                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <h1>July 2026</h1>                                                                                                                                  |                                                                                                                                                                               |                                                                                                                                                                                                                             | <div>1</div> <div>8:30 COFFEE TIME<br/>10:00 CHURCH SERVICE<br/>11:00 WORKOUT WITH WEIGHTS<br/>1:30 WINE TIME<br/>3:00 ART: ADULT COLORING</div> <div>Canada Day</div>         | <div>2</div> <div>8:30 COFFEE TIME<br/>10::15 SEATED EXERCISE<br/>11:30-1:00 SYDNEY CREEK'S JULY CELEBRATION &amp; <b>LIVE MUSIC with LES BECK</b><br/>3:00 ART: JULY PAINT BY NUMBERS</div>                     | <div>3</div> <div>8:30 COFFEE TIME<br/>10:15 GENTLE RANGE OF MOTION<br/>11: 00 <b>LIVE MUSIC W/ TED WATERHOUSE</b><br/>1:30 NATURE DOCUMENTARY<br/>3:00 ART: COLLAGED COMMUNITY QUILT</div>                        | <div>4</div> <div>8:30 COFFEE TIME<br/>10:00 SEATED EXERCISE<br/>11:00 <b>LIVE MUSIC W/ RHONDA</b><br/>1:00 GARDEN WALK<br/>3:00 SING A LONG W/ SUZY Q</div> <div>Independence Day (U.S.)</div> |
| <div>5</div> <div>8:30 COFFEE TIME<br/>9:30 CHURCH SERVICE VIRTUAL<br/>10:30 SUNDAY STRETCHES<br/>1:00 BINGO<br/>3:00 RELAXING ON THE PATIO</div>                                                                                    | <div>6</div> <div>8:30 COFFEE TIME<br/>10:15 MOBILITY MONDAY<br/>11:00 UNITED <i>SHAPES</i> OF AMERICA GAME<br/>1:30 ANIMAL DOCUMENTARY<br/>3:00 CRAFT: PRETTY PLATTERS</div> | <div>7</div> <div>8:30 COFFEE TIME<br/>10:15 SIT &amp; FIT<br/>11: 00 <b>LIVE MUSIC W/ KEN WARRICK</b><br/>1:30 GARDENING IN THE PATIO AT MORRO HOUSE<br/>3:00 ART: ART APPRECIATION</div> <div>Nat'l Rock N Roll Day</div> | <div>8</div> <div>8:30 COFFEE TIME<br/>10:00 CHURCH SERVICE<br/>11:00 WORKOUT WITH WEIGHTS<br/>*<br/>3:00 ART: ADULT COLORING</div> <div>*All Staff</div>                      | <div>9</div> <div>8:30 COFFEE TIME<br/>10::15 SEATED EXERCISE<br/>11:00 <b>Live Music W/Yorktown Chamber Winds</b>(Volunteer)<br/>1:30 PATIO SOCIAL<br/>3:00 ART: JULY PAINT BY NUMBERS</div>                    | <div>10</div> <div>8:30 COFFEE TIME<br/>10:15 GENTLE RANGE OF MOTION<br/>11: 00 BINGO<br/>1:30 NATURE DOCUMENTARY<br/>3:00 ART: COLLAGED COMMUNITY QUILT</div>                                                     | <div>11</div> <div>8:30 COFFEE TIME<br/>10:00 SEATED EXERCISE<br/>11:00 ACTIVITIES IN HOLLISTER HOUSE<br/>1:00 GARDEN WALK<br/>3:00 SING A LONG W/ SUZY Q</div>                                 |
| <div>12</div> <div>8:30 COFFEE TIME<br/>9:30 CHURCH SERVICE VIRTUAL<br/>10:30 SUNDAY STRETCHES<br/>1:00 BINGO<br/>3:00 RELAXING ON THE PATIO</div> <div>Special Event: Sydney Creek Day at SLO Blues Baseball 2:00pm to 4:00pm</div> | <div>13</div> <div>8:30 COFFEE TIME<br/>10:15 MOBILITY MONDAY<br/>11:00 FAMILY FEUD GAME<br/>1:30 ANIMAL DOCUMENTARY<br/>3:00 CRAFT: PRETTY PLATTERS</div>                    | <div>14</div> <div>8:30 COFFEE TIME<br/>10:15 SIT &amp; FIT<br/>11: 00 <b>LIVE MUSIC W/ LES BECK</b><br/>1:30 GARDENING IN THE PATIO AT MORRO HOUSE<br/>3:00 ART: ART APPRECIATION</div> <div>Bastille Day</div>            | <div>15</div> <div>8:30 COFFEE TIME<br/>10:00 CHURCH SERVICE<br/>11:00 WORKOUT WITH WEIGHTS<br/>1:30 WINE TIME<br/>3:00 ART: ADULT COLORING</div> <div>Nat'l Hot Dog Day</div> | <div>16</div> <div>8:30 COFFEE TIME<br/>10::15 SEATED EXERCISE<br/>11: 00 <b>MINDFUL, KINDFUL DRUMS W/ DEE</b><br/>1:30 PATIO SOCIAL<br/>3:00 ART: JULY PAINT BY NUMBERS</div>                                   | <div>17</div> <div>8:30 COFFEE TIME<br/>10:15 GENTLE RANGE OF MOTION<br/>11: 00 <b>LIVE MUSIC W/ LES BECK</b><br/>1:30 NATURE DOCUMENTARY<br/>3:00 ART: COLLAGED COMMUNITY QUILT</div> <div>Nat'l Tattoo Day</div> | <div>18</div> <div>8:30 COFFEE TIME<br/>10:00 SEATED EXERCISE<br/>11:00 ACTIVITIES IN BISHOP HOUSE<br/>1:00 GARDEN WALK<br/>3:00 SING A LONG W/ SUZY Q</div>                                    |
| <div>19</div> <div>8:30 COFFEE TIME<br/>9:30 CHURCH SERVICE VIRTUAL<br/>10:30 SUNDAY STRETCHES<br/>1:00 BINGO<br/>3:00 RELAXING ON THE PATIO</div> <div>Nat'l Ice Cream Day</div>                                                    | <div>20</div> <div>8:30 COFFEE TIME<br/>10:15 MOBILITY MONDAY<br/>11:00 UNITED <i>SHAPES</i> OF AMERICA GAME<br/>1:30 ANIMAL DOCUMENTARY<br/>3:00 CRAFT: BUTTON FLAG</div>    | <div>21</div> <div>8:30 COFFEE TIME<br/>10:15 SIT &amp; FIT<br/>11: 00 <b>LIVE MUSIC W/ RICK JARRETT</b><br/>1:30 GARDENING IN THE PATIO AT MORRO HOUSE<br/>3:00 ART: ART APPRECIATION</div>                                | <div>22</div> <div>8:30 COFFEE TIME<br/>10:00 CHURCH SERVICE<br/>11:00 WORKOUT WITH WEIGHTS<br/>1:30 WINE TIME<br/>3:00 ART: ADULT COLORING</div>                              | <div>23</div> <div>8:30 COFFEE TIME<br/>10::15 SEATED EXERCISE<br/>11: 00 <b>LIVE MUSIC W/ KEN WARRICK</b><br/>1:30 PATIO SOCIAL<br/>3:00 ART: JULY PAINT BY NUMBERS</div> <div>Nat'l Gorgeous Grandma Day</div> | <div>24</div> <div>8:30 COFFEE TIME<br/>10:15 GENTLE RANGE OF MOTION<br/>11: 00 BINGO<br/>1:30 NATURE DOCUMENTARY<br/>3:00 ART: COLLAGED COMMUNITY QUILT</div>                                                     | <div>25</div> <div>8:30 COFFEE TIME<br/>10:00 SEATED EXERCISE<br/>11:00 ACTIVITIES IN MORRO HOUSE<br/>1:00 GARDEN WALK<br/>3:00 SING A LONG W/ SUZY Q</div>                                     |
| <div>26</div> <div>8:30 COFFEE TIME<br/>9:30 CHURCH SERVICE VIRTUAL<br/>10:30 SUNDAY STRETCHES<br/>1:00 BINGO<br/>3:00 RELAXING ON THE PATIO</div> <div>Special Event: Sydney Creek Day at SLO Blues Baseball 2:00pm to 4:00pm</div> | <div>27</div> <div>8:30 COFFEE TIME<br/>10:15 MOBILITY MONDAY<br/>11:00 FAMILY FEUD GAME<br/>1:30 ANIMAL DOCUMENTARY<br/>3:00 CRAFT: BUTTON FLAG</div>                        | <div>28</div> <div>8:30 COFFEE TIME<br/>10:15 SIT &amp; FIT<br/>11: 00 <b>LIVE MUSIC W/ TED WATERHOUSE</b><br/>1:30 GARDENING IN THE PATIO AT MORRO HOUSE<br/>3:00 ART: ART APPRECIATION</div>                              | <div>29</div> <div>8:30 COFFEE TIME<br/>10:00 CHURCH SERVICE<br/>11:00 WORKOUT WITH WEIGHTS<br/>1:30 WINE TIME<br/>3:00 ART: ADULT COLORING</div>                              | <div>30</div> <div>8:30 COFFEE TIME<br/>10::15 SEATED EXERCISE<br/>11: 00 <b>LIVE MUSIC W/ TIM PACHECO</b><br/>1:30 PATIO SOCIAL<br/>3:00 ART: JULY PAINT BY NUMBERS</div>                                       | <div>31</div> <div>8:30 COFFEE TIME<br/>10:15 GENTLE RANGE OF MOTION<br/>11: 00 BINGO<br/>1:30 NATURE DOCUMENTARY<br/>3:00 ART: COLLAGED COMMUNITY QUILT</div>                                                     |                                                                                                            |

Type the name, address, and other information about your community/company here.

### Sydney Creek Menu, Week 3

| Week #3          | SUNDAY                                                | MONDAY                            | TUESDAY                              | WEDNESDAY                          | THURSDAY                           | FRIDAY                                 | SATURDAY                                  |
|------------------|-------------------------------------------------------|-----------------------------------|--------------------------------------|------------------------------------|------------------------------------|----------------------------------------|-------------------------------------------|
| Dates:           | 7/26/2026                                             | 7/27/2026                         | 7/28/2026                            | 7/29/2026                          | 7/30/2026                          | 7/31/2026                              | 8/1/2026                                  |
| <b>BREAKFAST</b> |                                                       |                                   |                                      |                                    |                                    |                                        |                                           |
| HOT CEREAL       | Oatmeal                                               | Cream Of Wheat                    | Oatmeal                              | Cream of Wheat                     | Oatmeal                            | Cream Of Wheat                         | Cream of Rice                             |
| ITEM 1           | Scrambled Eggs                                        | Vegetable Scrambled Eggs          | Cheesy Scrambled Eggs                | Poached Eggs                       | Vegetable Quiche                   | Biscuits and Gravy                     | Chheesy Scrambled Eggs                    |
| ITEM 2           | Belgium Waffle Sticks                                 | French Toast Sticks               | Pork Sausage Links                   | Blueberry Pancakes                 | Tater Tot Potatoes                 | Pork Sausage Patty                     | French Toast Sticks                       |
| ITEM 3           | Mandarin Oranges                                      | Fruit Cocktail                    | Tater Tot Potatoes                   | Fruit Cocktail                     | Diced Peaches                      | Scrambled Eggs                         | Mandarin Oranges                          |
| <b>LUNCH</b>     |                                                       |                                   |                                      |                                    |                                    |                                        |                                           |
| SOUP/SALAD       | Salad Bar                                             | Salad Bar                         | Salad Bar                            | Salad Bar                          | Asian Noodle Salad                 | Salad Bar                              | Salad Bar                                 |
| ENTRÉE           | Grilled Tender Beef with Grilled Bell Peppers & Onion | Oven Roasted Turkey               | Roasted Pork Loin with Marsala Gravy | Fried Chicken                      | Kung -Pao Chicken                  | Shrimp Tempura With Tartar Sauce       | Home Made Meatloaf                        |
| SIDE 1           | Potato Pancakes With Mustard Sauce                    | Mashed potatoes with Turkey Gravy | Rice Pilaf                           | Mashed Potatoes with Chicken Gravy | Steamed White Rice                 | Lemon Basil Orzotto                    | Mashed Potatoes With Brown Gravy          |
| SIDE 2           | Buttered Fresh Vegetables                             | Buttered Fresh Vegetables         | Buttered Fresh Vetables              | Buttered Fresh Vegetables          |                                    | Buttered Fresh Vegetables              | Buttered Green beans Carrots and Zucchini |
| DESSERT          | Bavarian Cream Eclairs                                | Cherry Pie                        | Cheese Cake                          | Apple Pie                          | Rice Crispies                      | Red Velvet Cake                        | Carrot Cake                               |
| <b>DINNER</b>    |                                                       |                                   |                                      |                                    |                                    |                                        |                                           |
| SOUP/SALAD       | Chicken Vegetable Soup                                |                                   | Turkey Noodle Soup                   | Lentil and Black Bean Soup         |                                    |                                        |                                           |
| ENTRÉE           | Grilled Cheese and Ham Sandwich                       | B-B-Q Beef                        | Deli Turkey Sandwich                 | Cheese Burgers                     | Primavera Pasta With Alfredo Sauce | Breaded Asian Chicken with Sweet sauce | Beef Ravioli With Marinara Sauce          |
| SIDE 1           | Wedgecut Fries                                        | oven Roasted Sweet Potatoes       | Crispy Fries                         | Curly Fries                        | Grilled Chicken Breast             | Steamed white Rice                     | Garlic Dinner Rolls                       |
| SIDE 2           |                                                       | Grilled Vegetables                |                                      |                                    | Garlic Dinner Rolls                | Asian Grilled Vegetables               | Buttered Fresh Vegetables                 |
| DESSERT          | Tapioca Pudding                                       | Chocolate Cream Pie               | Layered Yellow Cake                  | Banana Cream Pie                   | Vanilla Pudding                    | Cream Filled Sponge Cake               | Oreo Chocolate Cream Pie                  |