

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:30 COFFEE TIME & DAILY 1 CHRONICLE 10:00 SEATED EXERCISE 11:00 BINGO 1:00 PATIO PICNIC 3:00 ART: Creativity is contagious
8:30 COFFEE TIME & DAILY 2 CHRONICLE 9:30 CHURCH SERVICE VIRTUAL 10:30 SUNDAY STRETCHES 1:00 HANDMADE TREASURES 3:00 BINGO	8:30 COFFEE TIME & DAILY 3 CHRONICLE 10:15 MOBILITY MONDAY 11: 00 Live music w/ TED WATERHOUSE 1:30 CITRUS STAMPING 3:00 CRAFT: ZESTY CUTOUTS	8:30 8:30 COFFEE TIME & 4 DAILY CHRONICLE 10:00-12:00 SCENIC DRIVE: AVILA 1:30 MORRO HOUSE GARDEN CLUB 3:00 ART: SUNFLOWER @ SUNSET	8:30 8:30 COFFEE TIME & 5 DAILY CHRONICLE 10:00 CHURCH SERVICE 11:00 WORKOUT WITH WEIGHTS 1:30 WINE TIME 3:00 WACKY WORDIES, CROSSWORDS, WORD SEARCH	8:30 COFFEE TIME & DAILY 6 CHRONICLE 10:00-12:00 RESIDENT OUTING 1:30 TURMERIC SUN PRINTS 3:00 NATIONAL PARKS DOCUMENTARY	8:30 COFFEE TIME & DAILY 7 CHRONICLE 10:15 GENTLE RANGE OF MOTION 11: 00 Live music w/ KEN WARRICK 1:15 CCHHH ART w/ TONYA *	8:30 COFFEE TIME & DAILY 8 CHRONICLE 10:00 SEATED EXERCISE 11:00 BINGO 1:00 PATIO PICNIC 3:00 ART: Creativity is contagious
8:30 COFFEE TIME & DAILY 9 CHRONICLE 9:30 CHURCH SERVICE VIRTUAL 10:30 SUNDAY STRETCHES 1:00 HANDMADE TREASURES 3:00 BINGO	8:30 COFFEE TIME & DAILY 10 CHRONICLE 10:15 MOBILITY MONDAY 11: 00 Live music w/TIM PACHECO 1:30 CITRUS STAMPING 3:00 CRAFT: ZESTY CUTOUTS	8:30 COFFEE TIME & DAILY 11 CHRONICLE 10:00-12:00 SCENIC DRIVE LOPEZ LAKE 1:30 MORRO HOUSE GARDEN CLUB 3:00 ART: SUNFLOWER @ SUNSET	8:30 COFFEE TIME & DAILY 12 CHRONICLE 10:00 CHURCH SERVICE 11:00 WORKOUT WITH WEIGHTS 1:30 * (ALL STAFF MTG.) 3:00 WACKY WORDIES, CROSSWORDS, WORD SEARCH	8:30 COFFEE TIME & DAILY 13 CHRONICLE 10:00-12:00 RESIDENT OUTING 1:30 TURMERIC SUN PRINTS 3:00 NATIONAL PARKS DOCUMENTARY	8:30 COFFEE TIME & DAILY 14 CHRONICLE 10:15 GENTLE RANGE OF MOTION 11: 00 Live music w/ LES BECK 1:30 DIY SUN TEA 3:00 AUG. ART COLORING	8:30 COFFEE TIME & DAILY 15 CHRONICLE 10:00 SEATED EXERCISE 11:00 BINGO 1:00 PATIO PICNIC 3:00 ART: Creativity is contagious
8:30 COFFEE TIME & DAILY 16 CHRONICLE 9:30 CHURCH SERVICE VIRTUAL 10:30 SUNDAY STRETCHES 1:00 HANDMADE TREASURES 3:00 BINGO	8:30 COFFEE TIME & DAILY 17 CHRONICLE 10:15 MOBILITY MONDAY 11: 00 TYE DYE DAY!!! 01:30 TYE DYE DAY PT2 3:00 TYE DYE DAY PT3	8:30 COFFEE TIME & DAILY 18 CHRONICLE 10:15 EXECISE 11: 00 Live music w/ RICK JARRETT 1:30 MORRO HOUSE GARDEN CLUB 3:00ART:SUN-SATIONAL COASTER	8:30 COFFEE TIME & DAILY 19 CHRONICLE 10:00 CHURCH SERVICE 11:00 WORKOUT WITH WEIGHTS 1:30 WINE TIME 3:00 WACKY WORDIES, CROSSWORDS, WORD SEARCH	8:30 COFFEE TIME & DAILY 20 CHRONICLE 10:00-12:00 RESIDENT OUTING 1:30 TURMERIC SUN PRINTS 3:00 NATIONAL PARKS DOCUMENTARY	8:30 COFFEE TIME & DAILY 21 CHRONICLE 10:15 GENTLE RANGE OF MOTION 11: 00 Live music w/TED WATERHOUSE 1:30 DIY SUN TEA 3:00 AUG. ART COLORING	8:30 COFFEE TIME & DAILY 22 CHRONICLE 10:00 SEATED EXERCISE 11:00 BINGO 1:00 PATIO PICNIC 3:00 ART: Creativity is contagious
8:30 COFFEE TIME & DAILY 23 CHRONICLE 9:30 CHURCH SERVICE VIRTUAL 10:30 SUNDAY STRETCHES 1:00 HANDMADE TREASURES 3:00 BINGO	8:30 COFFEE TIME & DAILY 24 CHRONICLE 10:15 MOBILITY MONDAY 11: 00 Live music w/ KEN WARRICK 1:30 AUG. ART COLORING 3:00 COLORFUL RAYS CENTERPIECE	8:30 COFFEE TIME & DAILY 25 CHRONICLE 10:00-12:00 SCENIC DRIVE PISMO 1:30 MORRO HOUSE GARDEN CLUB 3:00 ART: SUN-SATIONAL COASTER	8:30 COFFEE TIME & DAILY 26 CHRONICLE 10:00 CHURCH SERVICE 11:00 WORKOUT WITH WEIGHTS 1:30 WINE TIME 3:00 WACKY WORDIES, CROSSWORDS, WORD SEARCH	8:30 COFFEE TIME & DAILY 27 CHRONICLE 10:00-12:00 RESIDENT OUTING 1:30 TURMERIC SUN PRINTS 3:00 NATIONAL PARKS DOCUMENTARY	8:30 COFFEE TIME & DAILY 28 CHRONICLE 10:15 GENTLE RANGE OF MOTION 11: 00 Live music w/LES BECK 1:15 CCHHH ART W/ TONYA *	8:30 COFFEE TIME & DAILY 29 CHRONICLE 10:00 SEATED EXERCISE 11:00 BINGO 1:00 PATIO PICNIC 3:00 ART: Creativity is contagious
8:30 COFFEE TIME & DAILY 30 CHRONICLE 9:30 CHURCH SERVICE VIRTUAL 10:30 SUNDAY STRETCHES 1:00 HANDMADE TREASURES 3:00 BINGO	8:30 COFFEE TIME & DAILY 31 CHRONICLE 10:15 MOBILITY MONDAY 11: 00 Live music w/TIM PACHECO 1:30 AUG. ART COLORING 3:00 COLORFUL RAYS CENTERPIECE					

Sydney Creek Menu, Week 1

Week #1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dates:	8/23/2026	8/24/2026	8/25/2026	8/26/2026	8/27/2026	8/28/2026	8/29/2026
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	Salad Bar	Salad Bar	Egg Drop Soup	Salad Bar	Caesar Salad	Salad Bar	Salad Bar
ENTRÉE	Beef Macaroni and Cheese	Pork Fried Steak	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		Mashed Potatoes With Country Gravy	Steamed White Rice	Roasted red Potatoes	Mexican Rice	Lemon Basil Linguine	Mashed Potatoes
SIDE 2	Buttered Fresh Vegetables	Buttered Fresh Vegetables		Buttered Fresh Vegetables	Refried beans	Buttered Fresh Vegetables	Buttered Fresh Vegetables
DESSERT	Fruits of the Forest Pie	Peach Crumble	Layered Chocolate Cake	Bread Pudding	Flan	Apple Turn-overs	Peach Pie
DINNER							
SOUP/SALAD	Cream Of Broccoli Soup	Corn Chowder Soup					
ENTRÉE	Philly Steak Sandwich	Cheese Burgers	Italian Sausage Meatloaf	Spaguetti With Meat Sauce	Orange Chicken	Chipotle Chicken	Ground Beef Stew
SIDE 1	Wedgecut Fries	Curly Fries	Mashed Potatoes With Brown Gravy	Garlic Dinner Rolls	Vegetable Chow Mein	Corn Bread	Buttered Egg Noodles
SIDE 2			Peas and Carrots Blend	Buttered Squash Medley		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