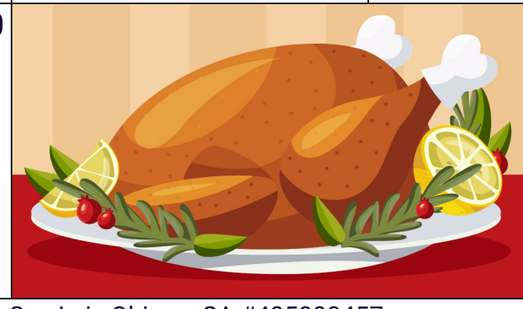
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 SUNDAY SERVICE 11:00 BINGO 1:15 FOOTBALL MANIA 3:00 ONE ON ONE CHIT-CHAT Daylight Saving Time Ends	2 8:30 COFFEE TIME & DAILY CHRONICLE 10:15 EXERCISE 10:50-11:50 **LIVE MUSIC W/ TED WATERHOUSE** 1:15 Art: AIR TRAVEL 3:00 ONE ON ONE CHIN WAG	3 8:30 COFFEE TIME & DAILY CHRONICLE 10:00-12:00 SCENIC DRIVE 1:15 CRAFT: ACORN EGGS 3:00 ONE ON ONE CHATTER	4 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 CHURCH SERVICE 10:45 EXERCISE COOL DOWN AND REFRESHMENTS 1:15 WINE WEDNESDAY 3:00 ONE ON ONE GABBLE	5 8:30 COFFEE TIME & DAILY CHRONICLE 10:00-12:00 RESIDENT OUTING 1:15 CRAFT: Message in the Sky 3:00 ONE ON ONE RAP SESSION	6 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 EXERCISE 10:30-10:50 COOL DOWN AND REFRESHMENTS 10:50-11:50 **LIVE MUSIC W/ LES BECK** 1:15 CCHHH ART W/ TONYA 3:00 ONE ON ONE QUALITY TIME	7 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 MOVIE MATINEE 1:15: SATURDAY STRETCHES 1:45-2:15 COOL DOWN AND REFRESHMENTS 3:00 CRAFT: PUMPKIN CRAFT GROUP
8 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 SUNDAY SERVICE 11:00 BINGO 1:15 FOOTBALL MANIA 3:00 ONE ON ONE CHIT-CHAT Diwali (Hindi)	9 8:30 COFFEE TIME & DAILY CHRONICLE 10:15 EXERCISE 11:00 SINGING WITH SUZIE 1:15 Art: COZY BLANKET 3:00 ONE ON ONE CHIN WAG	10 8:30 COFFEE TIME & DAILY CHRONICLE 10:50-11:50 **LIVE MUSIC W/ RICK JARRETT** 1:15 CRAFT: AIRACOBRA FIGHTER PLANE 3:00 ONE ON ONE CHATTER	11 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 CHURCH SERVICE 10:45 EXERCISE COOL DOWN AND REFRESHMENTS 1:15 * 3:00 ONE ON ONE GABBLE Veterans Day Remembrance Day (Canada) * ALL STAFF MEETING	12 8:30 COFFEE TIME & DAILY CHRONICLE 10:00-12:00 RESIDENT OUTING 1:15 CRAFT: THANKFUL DOOR QUILT 3:00 ONE ON ONE RAP SESSION	13 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 EXERCISE 10:30-10:50 COOL DOWN AND REFRESHMENTS 10:50-11:50 **LIVE MUSIC W/ LES BECK** 1:15 ART: PAINT BY NUMBER'S 3:00 ONE ON ONE QUALITY TIME	14 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 MOVIE MATINEE 1:15: SATURDAY STRETCHES 1:45-2:15 COOL DOWN AND REFRESHMENTS 3:00 CRAFT: FALL SCENERY
15 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 SUNDAY SERVICE 11:00 BINGO 1:15 FOOTBALL MANIA 3:00 ONE ON ONE CHIT-CHAT	16 8:30 COFFEE TIME & DAILY CHRONICLE 10:15 EXERCISE 10:50-11:50 **LIVE MUSIC W/ KEN WARRICK** 1:15 Art: DRIED FLORAL 3:00 ONE ON ONE CHIN WAG	17 8:30 COFFEE TIME & DAILY CHRONICLE 10:00-12:00 SCENIC DRIVE 1:15 CRAFT: STORY STONE COLLECTION 3:00 ONE ON ONE CHATTER	18 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 CHURCH SERVICE 10:50-11:50 **DRUMMING W/ DEE** 1:15 WINE WEDNESDAY 3:00 ONE ON ONE GABBLE	19 8:30 COFFEE TIME & DAILY CHRONICLE 10:00-12:00 RESIDENT OUTING 1:15 CRAFT: STUFFED SNACKING TURKEY 3:00 ONE ON ONE RAP SESSION	20 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 EXERCISE 10:30-10:50 COOL DOWN AND REFRESHMENTS 1:15 CCHHH ART W/ TONYA 3:00 ONE ON ONE QUALITY TIME	21 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 MOVIE MATINEE 1:15: SATURDAY STRETCHES 1:45-2:15 COOL DOWN AND REFRESHMENTS 3:00 CRAFT: TURKEYS IN DISGUISE
22 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 SUNDAY SERVICE 11:00 BINGO 1:15 FOOTBALL MANIA 3:00 ONE ON ONE CHIT-CHAT	23 8:30 8:30 COFFEE TIME & DAILY CHRONICLE 10:15 EXERCISE 11:00 10:50-11:50 **LIVE MUSIC W/ TIM PACHECO** 1:15 Art: PICKLES 3:00 ONE ON ONE CHIN WAG	24 8:30 COFFEE TIME & DAILY CHRONICLE 10:50-11:50 **LIVE MUSIC W/ BRYNN** 1:15 CRAFT ABOVE THE CLOUDS CENTERPIECE 3:00 CRAFT: TURKEY NAME PLATE	25 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 CHURCH SERVICE 10:45 EXERCISE COOL DOWN AND REFRESHMENTS 1:15 WINE WEDNESDAY 3:00 ONE ON ONE GABBLE	26 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 EXERCISE 10:30-10:50 COOL DOWN AND REFRESHMENTS 11:00 PREP TIME FOR LUNCH 1:15 FOOTBALL TIME 3:00 FOOTBALL TIME PT.2 Thanksgiving Day (U.S.)	27 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 EXERCISE 10:30-10:50 COOL DOWN AND REFRESHMENTS 10:50-11:50 **LIVE MUSIC W/ TED WATERHOUSE** 1:15 ART: PAINT BY NUMBER'S 3:00 ONE ON ONE QUALITY TIME	28 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 MOVIE MATINEE 1:15: SATURDAY STRETCHES 1:45-2:15 COOL DOWN AND REFRESHMENTS 3:00 PATIO SOCIAL
29 8:30 COFFEE TIME & DAILY CHRONICLE 10:00 SUNDAY SERVICE 11:00 BINGO 1:15 FOOTBALL MANIA 3:00 ONE ON ONE CHIT-CHAT	30 8:30 COFFEE TIME & DAILY CHRONICLE 10:15 EXERCISE 11:00 10:50-11:50 **LIVE MUSIC W/ TIM PACHECO** 1:15 Art: TAKE OFF 3:00 ONE ON ONE CHIN WAG					

Sydney Creek Menu, Week 3

Week #3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dates:	11/8/2026	11/9/2026	11/10/2026	11/11/2026	11/12/2026	11/13/2026	11/14/2026
BREAKFAST							
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
LUNCH							
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
DINNER							
SOUP/SALAD	Chicken Vegetable Soup		Lentils and black beans Soup	Turkey and Rice 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	Curly Fries	Potato Salad	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