

# Wednesdays

## ACTIVITIES & MEALS

*Good Food. Great Company. Better Together!*

Join us every Wednesday from 11AM – 2PM for a delicious meal, engaging activities and wonderful connections. Come for the food, stay for the friendship!

Enjoy great meals, fun activities and meaningful moments!

**WEDNESDAYS 11AM – 2PM**

JUNE  
**3**

**MEAL:**  
Chicken Slovakia  
with Lemon  
Potato Wedges  
and a Salad



**ACTIVITY:**  
Chair Yoga  
and  
Movie Day



JUNE  
**10**

**MEAL:**  
**BBQ THEME DAY!**  
Burgers  
and Fries



**ACTIVITY:**  
BBQ Themed Party!  
Games, laughs  
and summer fun!



JUNE  
**17**

**MEAL:**  
Lasagna  
with Salad



**ACTIVITY:**  
Chair Yoga  
Love & Gratitude  
Cards for our  
Special Person  
(Father's Day)



JUNE  
**24**

**MEAL:**  
Simply  
Sausage Penne  
with Garlic  
Bread



**ACTIVITY:**  
Chair Yoga  
and  
Summer  
Button Scenes



*Everyone is  
Welcome!*

Make Wednesdays  
your favorite day  
of the week!



**TRANSPORTATION PROVIDED**



**705-526-1305**

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*Good Food.  
Great Friends.  
Stronger  
Together.*

*Eat Well. Laugh Often. Live Well.*