~ Life Enrichment Calender Sample ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	2 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	3 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	4 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	5 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	6 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music
7 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	8 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	9 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	10 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	11 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	12 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	13 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music
14 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	15 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	16 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	17 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	18 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	19 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	20 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music
21 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	22 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	23 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	24 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	25 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	26 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	27 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music
28 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	29 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	30 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music	31 SeniorCise Coffee on the Patio Sing-a-long Ladies Tea Social Puzzles Thirty's & Forty's Music			

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Hot or Cold Cereal Or Breakfast Burritos Strawberry Yogurt w/ Fresh Strawberries Coffee, Milk, Juice	Hot or Cold Cereal Or Blueberry Waffles Cream Cheese Raspberries Coffee, Milk, Juice	Hot or Cold Cereal Or Hash Brown Casserole w/ Bacon Toast Oranges Coffee, Milk, Juice	Hot or Cold Cereal Or Banana Pancakes w/ Sausage Eggs Peaches Coffee, Milk, Juice	Hot or Cold Cereal Or Ham & Cheese Rollups Fried Egg Grapes Coffee, Milk, Juice	Hot or Cold Cereal Or Biscuit & Gravy w/Sausage Fresh Banana's Coffee, Milk, Juice	Hot or Cold Cereal Or Apple Cinnamon Oatmeal Sausage Apples Coffee, Milk, Juice
Lunch	Chicken and Sausage Gumbo Rice Mixed Fruit Choice of Beverage	Cheesy Meatloaf Scalloped Potatoes Glazed Carrots Rolls Baked Cinnamon Roll Apples Choice of Beverage	Chicken Quesadilla w/ relish plate Spanish Rice Refried Beans Fresh Strawberries Choice of Beverage	Pork Tender Loin Baked Sweet Potatoes Sweet Peas Brownies Choice of Beverage	Turkey Chili w/ Sour Cream & Cheese Crackers Baked Pears Choice of Beverage	Fish Tacos w/ Pico Cole Slaw Chips Vanilla Ice Cream Choice of Beverage	Turkey Cheeseburgers w/ Sweet Potato Fries Condiments Sugar Cookies Choice of Beverage
Dinner	Homemade Turkey Pot Pie Crackers Choc. Ice Cream Choice of Beverage	Lemon Baked Tilapia Rice Pilaf Buttered Broccoli Peaches & Cottage Cheese Choice of Beverage	Turkey Meatballs & Spaghetti Creamy Corn Cheesy Garlic Bread Fried Cinnamon Apples Choice of Beverage	Homemade Creamy Potato Soup w/ Bacon Bits Grilled Ham & Cheese Sandwich Cherry Pie Choice of Beverage	Zipper Cream Peas w/ Sausage Fried Potatoes Cornbread Applesauce Choice of Beverage	Primavera Stuffed Chicken Bake Veggie Mix Rice Peanut Butter Cookie Choice of Beverage	Caesar Salad w/ Grilled Chicken Breadsticks Cheesecake Choice of Beverage
Snack	Snacks of Choice	Snacks of Choice	Snacks of Choice	Snacks of Choice	Snacks of Choice	Snacks of Choice	Snacks of Choice
Alternate	Soup or Sandwich of your Choice	Soup or Sandwich of your Choice	Soup or Sandwich of your Choice	Soup or Sandwich of your Choice	Soup or Sandwich of your Choice	Soup or Sandwich of your Choice	Soup or Sandwich of your Choice

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