



# GEMS

A Meal and Social Program for Older Adults living in the R.M. of Macdonald

## February 2020



SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1
2	3 Exercises at Riverdale Apts, Starbuck 10 am	4	5 Lemon Chicken Exercises at Mandan Manor , Sanford 11 am	6 Meat Loaf	7	8
9	10 Exercises at Riverdale Apts, Starbuck	11	12 Ham & Texas Potatoes Exercises at Mandan Manor , Sanford 11 am	13 Chicken Parmesan	14 	15
16	17 Exercises at Riverdale Apts, Starbuck	18	19 S & S Meatballs Exercises at Mandan Manor , Sanford 11 am	20 Spaghetti & Meatballs	21	22
23	24 Exercises at Riverdale Apts, Starbuck	25	26 Pork Cutlets Exercises at Mandan Manor , Sanford 11 am	27 Liver n' Onions	28	29

Please call Leanne at 204-735-3052 to sign up by the Monday before each Wednesday or Thursday meal. Lunch served at 12:00 p.m. at Starbuck Hall on Wednesdays and at 11:45 a.m. at Sanford Legion on

**Thursdays**

**We will try to accommodate special dietary requests.**

**Please call ahead to confirm.**