




GEMS

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

March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Exercises at Riverdale Apts, Starbuck 10 am	3	4 Sesame Chicken Exercises at Mandan Manor , Sanford 11 am	5 Roast Pork	6	7
8 Clocks ahead 1 hour	9 Exercises at Riverdale Apts, Starbuck 10 am	10	11 S & S Ribs Exercises at Mandan Manor , Sanford 11 am	12 Lemon Chicken	13	14
15	16 Exercises at Riverdale Apts, Starbuck	17 	18 Irish Lunch: wear green Exercises at Mandan Manor , Sanford 11 am	19 Irish Lunch: wear green * Advanced Care Planning 1 pm Sanford Legion	20	21
22	23 Exercises at Riverdale Apts, Starbuck	24	25 Liver n' Onions Exercises at Mandan Manor , Sanford 11 am	26 Lasagna	27	28
29	30 Exercises at Riverdale Apts, Starbuck	31				

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.