



# GEMS

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

## October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Shepherd's Pie Exercises with Liza: Starbuck Hall 10 am	2	3
4	5	6	7 Liver n Onions	8 Teriyaki Chicken Exercises with Liza: Starbuck Hall 10 am	9	10
11	12 Thanksgiving	13	14 Thanksgiving Meal Ham & Scalloped Potatoes Advanced Care Planning :1 pm at Starbuck Hall	15 Thanksgiving Meal Ham & Scalloped Potatoes Exercises with Liza: Starbuck Hall 10 am	16	17
18	19	20	21 Chicken Louie	22 Chicken Louie Exercises with Liza: Starbuck Hall 10 am	23	24
25	26	27	28 Lasagna	29 Lasagna Exercises with Liza: Starbuck Hall 10 am	30	31

Please call Leanne at 204-735-3052 to sign up no later than the Monday before each week's meals.  
**We will try to accommodate special dietary requests.**  
 Menu subject to change.

**Please call ahead to confirm.**  
**\$10 per person**