



# GEMS

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

## September 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			2 Ham Casserole	3 Ham Casserole	4	5
6	7 Labour Day	8	9 Minute Steaks (Time or small... have to wait and see)	10 Minute Steaks (Time or small... have to wait and see)	11	12
13	14	15 Exercises With Liza at Starbuck Hall 10-11 a.m.	16 Pineapple Chicken	17 Pineapple Chicken	18	19
20	21	22 With Liza at Starbuck Hall 10-11 a.m.	23 S & S Ribs ZOOM: Wills and Estates, 1 pm	24 S & S Ribs	25	26
27	28	29 With Liza at Starbuck Hall 10-11 a.m.	30 Shepherd's Pie	Oct 1 Shepherd's Pie		

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