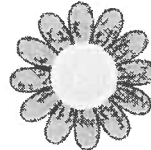
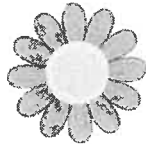


# **GLEN ACTIVITIES CALENDAR**

**Week Of September 17<sup>th</sup> – September 23<sup>rd</sup>**

## **ACTIVITIES**



**Sunday – September 17<sup>th</sup>, 2023**

**9:50am: TRANSPORT TO MASS AT ST. CLARE PARISH**

*\*Must sign up - sign up sheet is in the Glen lobby .*

**1:30pm: DINNER IS SERVED**

*In the Grove main dining room*

**2:30pm: MUSIC BY RICHIE BERNS**

*In the Grove lobby*

Monday - September 18<sup>th</sup>, 2023

**9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM**

*Start your morning with a great low impact exercise program. This class will use a tape recorder.*

**10:00am: TRIVIA -Evergreen Room**

**11:00am: BALANCE & EXERCISE CLASS WITH JILL - Evergreen Room**

**11:30 Walking Group – 2<sup>nd</sup> floor on GLEN**

**1:00pm: BINGO**



**2:30pm: WORD IN A WORD – Evergreen Room**

**6:00pm: DINNER IS SERVED**

*In the Main dining room*

Tuesday – September 19<sup>th</sup>, 2023

**9:00am: EXERCISE CLASS 1 TO THE TAPE - EVERGREEN ROOM**

*Start your morning with a great low impact exercise program. This class will use a tape recorder.*

**10:30am CHUNKY MONKEY – Evergreen Room**

**1:00pm: BINGO! with JULIE – in the EVERGREEN ROOM**



**2:30pm: LEFT CENTER RIGHT – Evergreen Room**

**4:30pm: HAPPY HOUR IN THE TAVERN**

**6:00pm: DINNER IS SERVED**

*In the Main dining room*

Wednesday – September 20<sup>th</sup>, 2023

**9:00am: EXERCISE CLASS 1 TO THE TAPE - EVERGREEN ROOM**

*Start your morning with a great low impact exercise program. This class will use a tape recorder.*

**10:00am: BUS TRIP TO STOP & SHOP – Meet in Glen Lobby**

*\*Please look in the Glen lobby for the sign-up book – limited seats.*

**10:00am: CHAIR YOGA – Evergreen Room**

**11:00am: OUTBURST- “The Game of Verbal Explosions”- Evergreen**  
**Room**

**1:00pm: WHEEL OF FORTUNE - Evergreen Room**

**2:30pm CATHOLIC MASS – Grove Wellness Center**

**3:15pm: REFRESHMENTS – Glen Tavern : Enjoy cider and treats**  
**Followed by piano with EMMA**

**6:00pm: DINNER IS SERVED**

*In the Main dining room*

Thursday – September 21<sup>st</sup>, 2023

**9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM**

*Start your morning with a great low impact exercise program. This class will use a tape recorder.*

**10:30 BUS TRIP TO HOBBY LOBBY-** *Pick-up will be at 10:30 AM.  
Please sign up in the Glen Lobby – limited seats available*

**11:00am: ROSARY with JUDI - GROVE CHAPEL**

**1:00pm: UNO– Evergreen Room**

**2:00pm: ANIMAL WORLD EXPERIENCE – Come experience a live  
interactive showing of a variety of animals**

**3:30pm: SCATTERGORIES -Evergreen Room**

**6:00pm: DINNER WILL BE SERVED IN THE MAIN DINING ROOM**

Friday – September 22<sup>nd</sup>, 2023

**9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM**

*Start your morning with a great low impact exercise program. This class will use a tape recorder.*

**10:00am: 20 QUESTIONS - Evergreen Room**

**11:00am: GIANT CROSSWORD – Evergreen Room**

**1:00pm: ART CLASS WITH MARY - Evergreen Room**

**3:00pm: TRIVIA**

**6:00pm: DINNER IS SERVED**

*In the Main dining room*

Saturday – September 23<sup>rd</sup>, 2023



Happy Birthday Roland Allison

**9:00am: EXERCISE CLASS 1 TO THE TAPE: EVERGREEN ROOM**

*Start your morning with a great low impact exercise program. This class will use a tape recorder.*

**10:00am: SUE THOMAS**

**11:00pm: BINGO – in the EVERGREEN ROOM**



**2:00pm: Movie: TBA**

**6:00pm: DINNER IS SERVED**

*In the Main dining room*



# Grove Manor Estates

## Weekly Dinner Menu



Week of 9-17-2023

### ~ Sunday ~

- Pot Roast of Beef with a Root Vegetable Gravy
- ♥ Roasted Spiral Ham served with a Brown Sugar and Maple Glaze

### ~ Monday ~

- Petite All Beef Swedish Meatballs in a Sour Cream Sauce Over Egg Noodles
- ♥ Cheddar & Bacon Crusted Scrod served with Lemon Wedges and Tartar Sauce

### ~ Tuesday ~

- ♥ Ricotta Cheese Stuffed Raviolis topped with an Italian Marinara
- Breaded Center Cut Pork Cutlets with a Savory Herb Gravy

### ~ Wednesday ~

- ♥ Chicken Pot Pie with Vegetables in a Savory Sauce with a Flakey Pie Crust
- Fried Fish & Chips Platter with French Fries and Cole Slaw

### ~ Thursday ~

- ♥ Marinated and Grilled Tenderloin Cut Steak Tips topped with Sauteed Mushrooms
- Breaded Eggplant Parmesan served over Chef Chosen Pasta Dusting with Parmesan

### ~ Friday ~

- ♥ Black Tiger Shrimp Casserole Topped with a Seafood Stuffing
- Shepards Pie ~ Layered Ground Beef, Mashed Potato & Corn topped with Sprinkled Cheese

### ~ Saturday ~

- ♥ Boneless Chicken Thighs Marinated in a Garlic Caesar Marinade
- Hot Pastrami Sandwich with Melted Cheese on a Soft Roll served with Potato Salad