# This week at Mountain Creek

### **Recurring Activities**

#### **Mondays**

9:30 Summit - FL 9:30 DVD Exercise - FC 2:00 Shuffleboard - 2nd Floor 5:30 Wii Practice - 2nd Floor 5:30 Texas Hold em –Summit/FL 6:00 - 42 Club - BR 6:30 -Table Games - QR3

9:30 DVD Exercise - FC 1:00 Bridge Club - BR 2:00 Quarter Bingo - MPR 6:00 42 Club - BR 6:30 Table Games - QR3

**Tuesdays** 

#### Wednesday

9:30 Kroger & Summit - FL
9:30 DVD Exercise - FC
10:00 BP Checks -FL
1:30 Dry Cleaners drop off /pickup
2:00 Shuffleboard - 2nd Floor
2:00 Skip-Bo - QR3
2:00 Walmart- FL
2:00 Bible Study -CH
5:30 Wii Practice - 2nd Floor
6:00 42 Club - BR
6:30 Table Games - QR3

#### **Thursdays**

9:30 DVD Exercise - FC 2:00 <u>Prize Bingo</u> - MPR 6:00 Wii Bowling Tour. - 2nd Floor 6:30 Table Games - QR3 6:00 42 club –BR

#### **Fridays**

9:30 DVD Exercise - FC 9:30 Summit - FL 2:00 Shuffleboard - 2nd Floor 6:00 42 Club - BR 6:30 Table Games - QR3 SUNDAY, August 18th

6:00 pm Worship Service in Theater

MONDAY, August 19th

**NO EXERCISE TODAY** 

9:00 A.M. DR SALANO HERE

**Pendant Checks - Front Desk** 

**TUESDAY, August 20th** 

9:30am Communion & Rosary 4:30 OUT TO EAT -BJ'S

**BREWHOUSE** 

2:00 P.M. QUARTER BINGO



WEDNESDAY, August 21st 9:00 HEDY -vendor -FL

2:00 pm Bible Study- Chapel



**Thursday August 22nd** 

2:00 P.M. PRIZE BINGO

FRIDAY, August 23rd

9:30 am Seniorcize – DR 9:30 BUNCO –mpr

3:00 p.m. BIG LUAU PARTY- mpr

6:00 pm Friday Night Movies – Theater



SATURDAY August 24th
2:00 pm Quarter Bingo - MPR
vith Jean Peel

## Mountain Creeks Weekly Menu

HOURS DAILY: 8:00 - 9:30 A.M., 11:30 A.M. - 2:00 P.M., & 4:00 - 5:30 P.M. ALWAYS AVAILABLE AT BREAKFAST: COLD CEREAL OF CHOICE, OMELETS, EGGS TO ORDER, HASHBROWNS & GRAVY ALL YOU CAN EAT SOUP AND SALAD ALWAYS AVAILABLE DURING LUNCH & SUPPER

	SUNDAY, August 18				
BREAKFAST:		SOUP OF	SUPPER:	DESSERT :	
500			SUPPEK:	DESSEKT:	
Sausage	Stuffed Flounder	THE DAY	Dage Male	Dana <sup>1</sup> -	
Oatmeal	Pot Roast w/ Carrots & Potatoes	Chef's Choice	Patty Melt	Peach Cobbler	
D1	Potatoes	Chei's Choice	w/ Potato Chips	Cobbler	
Pancakes	M. 1. 1 D		C1:-1 P: 9 C1:-1		
	Mashed Potatoes & Brown		Chicken, Rice & Chicken Casserole		
	Gravy, Buttered Corn, Green		Casserole		
	Beans & Roll				
DDEAKEACT		ONDAY, August 19		DECCEPT	
BREAKFAST:	AND 1875	SOUP OF	SUPPER:	DESSERT:	
Bacon	Meatloaf	THE DAY	II. Dave	Charalta	
Cream of	Lemon Pepper Chicken	C1: 1	Hot Dogs	Chocolate	
Wheat	D 1 10 D 1 D 1	Chicken	w/ Fixings & Fritos	Cake	
C 1 D	Baked Sweet Potato, Brussel	Noodle	C1 1 12 D:		
Cranberry Pecan			Shepherd's Pie		
Muffins	Parmesan Cauliflower & French				
	Bread	ECDAY A			
BREAKFAST:		ESDAY, August 20 SOUP OF	SUPPER:	DESSERT:	
		THE DAY	SUPPER:	DESSERT:	
Sausage Grits	Shrimp Primavera		Chicken Tender Basket w/		
Gills	Beef Lasagna	Minestrone	Coleslaw & Fries	Peach & Pecan	
Biscuits &	Dalad Datata Assausana	1,11100110	Colesiaw & Tiles	TOTAL AND	
2007-04-00-00-00-00-00-00-00-00-00-00-00-00-	Baked Potato, Asparagus,		Ham & Cheese Sandwich w/	Bread Pudding	
Sausage Gravy	Steamed Broccoli & Garlic		Lettuce, Tomato & Chips		
	Bread		Lettuce, Tomato & Chips		
		NESDAY, August	21		
BREAKFAST:		SOUP OF	SUPPER:	DESSERT:	
Bacon	Lemon Pepper Tilapia	THE DAY	Beef Steak Finger Basket w/		
Oatmeal	Salisbury Steak	150 - 240 -	Fries & Gravy	Ser.	
	, and the second	Vegetables		Key Lime	
French Toast	Steamed Rice, Okra &		Turkey & Avocado Sandwich	Pie	
	Tomatoes, Black Eyed Peas &		on Croissant w/ Cup of Fresh		
	Cornbread Muffins		Fruit		
THURSDAY, August 22					
	TH	U <b>RSDAY, A</b> ugust 2	22		
BREAKFAST:		URSDAY, August 2 SOUP OF	SUPPER:	DESSERT:	
BREAKFAST: Sausage				DESSERT:	
Total separation and restricted in the state of the state	LUNCH:	SOUP OF	SUPPER:	Root Beef	
Sausage Grits	<b>LUNCH:</b> Salmon Croquets	SOUP OF THE DAY	<b>SUPPER:</b> Meatball Hero Sandwich w/ Onion Rings		
Sausage Grits Breakfast	<b>LUNCH:</b> Salmon Croquets	SOUP OF THE DAY	<b>SUPPER:</b> Meatball Hero Sandwich w/	Root Beef	
Sausage Grits	<b>LUNCH:</b> Salmon Croquets Chicken Fried Steak	SOUP OF THE DAY	<b>SUPPER:</b> Meatball Hero Sandwich w/ Onion Rings	Root Beef	
Sausage Grits Breakfast	LUNCH: Salmon Croquets Chicken Fried Steak Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll	SOUP OF THE DAY  French Onion	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic	Root Beef	
Sausage Grits Breakfast	LUNCH: Salmon Croquets Chicken Fried Steak Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll	SOUP OF THE DAY	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic	Root Beef	
Sausage Grits Breakfast Burritos	LUNCH: Salmon Croquets Chicken Fried Steak Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll	SOUP OF THE DAY  French Onion	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread	Root Beef Floats	
Sausage Grits Breakfast Burritos BREAKFAST:	LUNCH: Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll  FI  LUNCH Fried or Baked Catfish	SOUP OF THE DAY  French Onion  RIDAY, August 23 SOUP OF	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER:	Root Beef Floats  DESSERT:	
Sausage Grits  Breakfast Burritos  BREAKFAST: Bacon	LUNCH: Salmon Croquets Chicken Fried Steak Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll FI	SOUP OF THE DAY  French Onion  RIDAY, August 23 SOUP OF	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER: Chicken & Black Bean	Root Beef Floats	
Sausage Grits  Breakfast Burritos  BREAKFAST: Bacon Cream of	LUNCH: Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll  FI  LUNCH Fried or Baked Catfish Creamy Garlic Chicken & Broccoli	French Onion  RIDAY, August 23  SOUP OF THE DAY  Corn	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER: Chicken & Black Bean Casserole	Root Beef Floats  DESSERT: Peach Pie w/ Vanilla Ice	
Sausage Grits  Breakfast Burritos  BREAKFAST: Bacon Cream of	LUNCH: Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll  FI  LUNCH Fried or Baked Catfish	French Onion  RIDAY, August 23  SOUP OF THE DAY	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER: Chicken & Black Bean	Root Beef Floats  DESSERT: Peach Pie w/	
Sausage Grits  Breakfast Burritos  BREAKFAST: Bacon Cream of Wheat	LUNCH: Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll  FI  LUNCH Fried or Baked Catfish Creamy Garlic Chicken & Broccoli  Fried Potatoes, Pinto Beans	French Onion  RIDAY, August 23  SOUP OF THE DAY  Corn	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER: Chicken & Black Bean Casserole  Shrimp Tacos	Root Beef Floats  DESSERT: Peach Pie w/ Vanilla Ice	
Sausage Grits  Breakfast Burritos  BREAKFAST: Bacon Cream of Wheat	LUNCH: Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll  FI  LUNCH Fried or Baked Catfish Creamy Garlic Chicken & Broccoli  Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread	French Onion  RIDAY, August 23  SOUP OF THE DAY  Corn	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER: Chicken & Black Bean Casserole  Shrimp Tacos w/ Coleslaw	Root Beef Floats  DESSERT: Peach Pie w/ Vanilla Ice	
Sausage Grits  Breakfast Burritos  BREAKFAST: Bacon Cream of Wheat	LUNCH: Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll  FI  LUNCH Fried or Baked Catfish Creamy Garlic Chicken & Broccoli Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread	SOUP OF THE DAY  French Onion  RIDAY, August 23  SOUP OF THE DAY  Corn Chowder	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER: Chicken & Black Bean Casserole  Shrimp Tacos w/ Coleslaw	Root Beef Floats  DESSERT: Peach Pie w/ Vanilla Ice	
Sausage Grits  Breakfast Burritos  BREAKFAST: Bacon Cream of Wheat  Breakfast Jacks	LUNCH: Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll  FI  LUNCH Fried or Baked Catfish Creamy Garlic Chicken & Broccoli Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread	SOUP OF THE DAY  French Onion  RIDAY, August 23  SOUP OF THE DAY  Corn Chowder	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER: Chicken & Black Bean Casserole  Shrimp Tacos w/ Coleslaw	Root Beef Floats  DESSERT: Peach Pie w/ Vanilla Ice Cream	
Sausage Grits  Breakfast Burritos  BREAKFAST: Bacon Cream of Wheat  Breakfast Jacks  BREAKFAST:	LUNCH: Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll  FI  LUNCH Fried or Baked Catfish Creamy Garlic Chicken & Broccoli  Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread  SAT  LUNCH:	SOUP OF THE DAY  French Onion  RIDAY, August 23 SOUP OF THE DAY  Corn Chowder  CURDAY, August 22 SOUP OF	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER: Chicken & Black Bean Casserole Shrimp Tacos w/ Coleslaw  4  SUPPER:	Root Beef Floats  DESSERT: Peach Pie w/ Vanilla Ice Cream	
Sausage Grits  Breakfast Burritos  BREAKFAST: Bacon Cream of Wheat  Breakfast Jacks  BREAKFAST: Sausage	LUNCH: Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll  FI  LUNCH Fried or Baked Catfish Creamy Garlic Chicken & Broccoli  Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread  SAT  LUNCH: Rosemary Pork Loin	SOUP OF THE DAY  French Onion  RIDAY, August 23 SOUP OF THE DAY  Corn Chowder  CURDAY, August 22 SOUP OF	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER: Chicken & Black Bean Casserole Shrimp Tacos w/ Coleslaw  4  SUPPER: Grilled Reuben Sandwich w/	Root Beef Floats  DESSERT: Peach Pie w/ Vanilla Ice Cream  DESSERT:	
Sausage Grits  Breakfast Burritos  BREAKFAST: Bacon Cream of Wheat  Breakfast Jacks  BREAKFAST: Sausage	LUNCH: Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll  FI  LUNCH Fried or Baked Catfish Creamy Garlic Chicken & Broccoli Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread  SAT  LUNCH: Rosemary Pork Loin Salmon w/ Dill Sauce	French Onion  RIDAY, August 23 SOUP OF THE DAY  Corn Chowder  CURDAY, August 2 SOUP OF THE DAY  Beef &	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER: Chicken & Black Bean Casserole Shrimp Tacos w/ Coleslaw  4  SUPPER: Grilled Reuben Sandwich w/	Root Beef Floats  DESSERT: Peach Pie w/ Vanilla Ice Cream  DESSERT: German	
Sausage Grits  Breakfast Burritos  BREAKFAST: Bacon Cream of Wheat  Breakfast Jacks  BREAKFAST: Sausage Oatmeal	LUNCH: Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Sautéed Spinach & Dinner Roll  FI  LUNCH Fried or Baked Catfish Creamy Garlic Chicken & Broccoli Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread  SAT  LUNCH: Rosemary Pork Loin Salmon w/ Dill Sauce	SOUP OF THE DAY  French Onion  RIDAY, August 23  SOUP OF THE DAY  Corn Chowder  FURDAY, August 2  SOUP OF THE DAY	SUPPER: Meatball Hero Sandwich w/ Onion Rings  Jambalaya Pasta w/ Garlic Bread  SUPPER: Chicken & Black Bean Casserole Shrimp Tacos w/ Coleslaw  4  SUPPER: Grilled Reuben Sandwich w/ Sweet Potato Fries	Root Beef Floats  DESSERT: Peach Pie w/ Vanilla Ice Cream  DESSERT: German	