

# 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

### **Tuesdays**

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

### **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 Prize Bingo - 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, JULY 28TH

**6:00 p.m. Worship Service in Theater**

## MONDAY, JULY 29TH

**9:30 SENIORCISE**

**10:00 a.m. FYI Clothing vendor**

## TUESDAY, JULY 30TH

**9:30 Communion & Rosary**

**1:30 Birthday Party –DR**



## WEDNESDAY, JULY 31ST

**2:00 Bible Study– Chapel**



## Thursday August 1st

**3pm PRIZE BINGO –MPR**

## FRIDAY, August 2nd

**9:30 Seniorcize –DR**

**10-2 Paparazzi Jewelry! -FL**

**3 p.m. Silver Horse Derby –MPR**

**6:00 Friday Night Movies– Theater**



## **SATURDAY August 3rd**

**2:00 p.m. Quarter Bingo  
with 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, July 28				
<b>BREAKFAST:</b> Sausage Oatmeal  Pancakes	<b>LUNCH:</b> Pot Roast w/ Carrots & Potatoes Fried Chicken  Mashed Potatoes, Gravy, Green Beans, Buttered Corn & Roll	<b>SOUP OF THE DAY</b>  Chef's Choice	<b>SUPPER:</b> Ham & Cheese Quiche w/ Cup Fruit  Spaghetti w/ Meat Sauce & Bread Sticks	<b>DESSERT :</b>  Apple Pie w/ Vanilla Ice Cream
MONDAY, July 29				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Lemon Poppy Seeds Muffins	<b>LUNCH:</b> Shrimp Scampi Pork Loin w/ Cranberry Sauce  Roasted New Potatoes, Brussels Sprouts, Sautéed Zucchini	<b>SOUP OF THE DAY</b>  Chicken Noodles	<b>SUPPER:</b> Taco Salad w/ Fixing & Guacamole  Ham & Cheese Sandwich w/ Chips	<b>DESSERT:</b>  Fudge Brownie
TUESDAY, July 30				
<b>BREAKFAST:</b> Sausage Grits  Biscuits & Sausage Gravy	<b>LUNCH:</b> Meatloaf Grilled Salmon  Baked Potato, Vegetable Medley, Black Eyed Peas & Cornbread Muffins	<b>SOUP OF THE DAY</b>  Cream of Potato	<b>SUPPER:</b> BLT Sandwich w/ Fritos  Chicken Pot Pie	<b>DESSERT:</b>  Banana Pudding
WEDNESDAY, July 31				
<b>BREAKFAST:</b> Bacon Oatmeal  French Toast	<b>LUNCH:</b> Beef Teriyaki Sweet & Sour Chicken  Fried Rice, Sautéed Mushrooms, Broccoli & Egg Roll	<b>SOUP OF THE DAY</b>  Beef & Vegetables	<b>SUPPER:</b> Shrimp Basket w/ Fries, Coleslaw & Cocktail Sauce  Stuffed Shells w/ Meat Sauce & Bread Stick	<b>DESSERT:</b>  Lemon Meringue Pie
THURSDAY, August 1				
<b>BREAKFAST:</b> Sausage Grits  Breakfast Burritos	<b>LUNCH:</b> Lemon Butter Tilapia Cornish Hens  Cornbread Dressing, Italian Green Beans, Baby Carrots & Roll	<b>SOUP OF THE DAY</b>  Fagioli	<b>SUPPER:</b> BBQ Sandwich w/ Fried Onion Rings  Hot Dog w/ Fixings & Sweet Potato Fries	<b>DESSERT:</b>  Banana Splits
FRIDAY, August 2				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Breakfast Jacks	<b>LUNCH:</b> Fried or Baked Catfish Honey Mustard Chicken  Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread	<b>SOUP OF THE DAY</b>  Cream of Mushrooms	<b>SUPPER:</b> Steak Fingers w/ Fries & Gravy  Grilled Chicken Salad on Texas Toast w/ Chips	<b>DESSERT:</b>  Blueberry Cobbler
SATURDAY, August 3				
<b>BREAKFAST:</b> Sausage Oatmeal  Cinnamon Rolls	<b>LUNCH:</b> Roasted Chicken Sausages Peppers & Onions  Wild Rice, Seasoned Cabbage, Navy Beans & Cornbread	<b>SOUP OF THE DAY</b>  Vegetable	<b>SUPPER:</b> Trio Salad (Tuna, Egg & Macaroni Pasta) Plate w/ Beets  Beef Au Jus Sandwich w/ Fried Green Tomatoes	<b>DESSERT:</b>  Lemon Bars