

# 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 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, SEPTEMBER 29th

6:00 pm Worship Service in Theater

## MONDAY, September 30th

9:30 Seniorcize-DR

**10:00 Bladder control and  
risk prevention seminar –  
in theater**

## TUESDAY, OCTOBER 1ST

9:30am Communion & Rosary

2:00 P.M. QUARTER BINGO

**4:30 NATIONAL NIGHT OUT  
GRAND PRAIRIE POLICE WILL BE  
HERE IN FRONT LOBBY**

## WEDNESDAY, OCTOBER 2ND

9:30 Seniorcize/Health talk with  
Bridgeway

10:00 Lillian & Stella Gifts –FL

2:00 pm Bible Study– Chapel

## Thursday OCTOBER 3RD

2:00 P.M. PRIZE BINGO with Jean Peel

## FRIDAY, OCTOBER 4TH

**9:45-12 CANCER SCREENING  
SEMINAR**

**-IN THEATER**

6:00 pm Friday NIGHT MOVIE



**SATURDAY QUARTER BINGO 2PM**

# Mountain Creek 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, September 29				
<b>BREAKFAST:</b> Sausage Oatmeal  Pancakes	<b>LUNCH:</b> BBQ Pork Ribs Chicken Fried Chicken  Mashed Potatoes, Gravy, Italian Green Beans, Buttered Baby Carrots & Roll	<b>SOUP OF THE DAY</b>  Chef's Choice	<b>SUPPER:</b> Quiche w/ cup of Fresh Fruit  BLT Sandwich w/ Potato Chips	<b>DESSERT :</b>  Pecan Pie
MONDAY, September 30				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Cranberry & Pecan Muffins	<b>LUNCH:</b> Chicken Romano Beef Stroganoff  Rice Pilaf, Steamed Broccoli, Roasted Cauliflower & French Bread	<b>SOUP OF THE DAY</b>  Corn Chowder	<b>SUPPER:</b> Assorted Wings Basket w/ Coleslaw & Fried Okra  Pepperoni, Supreme or Cheese Pizza	<b>DESSERT:</b>  Pineapple Coconut Cake
TUESDAY, October 1				
<b>BREAKFAST:</b> Sausage Grits  Biscuits & Sausage Gravy	<b>LUNCH:</b> Liver & Onions Baked Pork Chops  Twice Baked Potato Casserole, Black Eyed Peas, Seasoned Cabbage & Cornbread Muffins	<b>SOUP OF THE DAY</b>  Chicken Noodle	<b>SUPPER:</b> Chicken Quesadilla w/ Salsa & Sour Cream & side of Spanish Rice  Spaghetti w/ Meatballs & Marinara Sauce & Garlic Bread Stick	<b>DESSERT:</b>  Lemon Bars
WEDNESDAY, October 2				
<b>BREAKFAST:</b> Bacon Oatmeal  French Toast	<b>LUNCH:</b> Meatloaf Garlic Butter Salmon  Roasted New Potatoes, Sautéed Spinach, Baked Tomatoes & Bavarian Bread	<b>SOUP OF THE DAY</b>  Turkey & Vegetables	<b>SUPPER:</b> Steak Finger Basket w/ French Fries & Gravy  Grilled Chicken Sandwich w/ Lettuce & Tomatoes & Fritos	<b>DESSERT:</b>  Chocolate Cake
THURSDAY, October 3				
<b>BREAKFAST:</b> Sausage Grits  Breakfast Burritos	<b>LUNCH:</b> Sautéed Shrimp Hawaiian Pork Loin  Steamed Rice, Asian Vegetables, Sautéed Mushrooms, Egg Roll or Dinner Roll	<b>SOUP OF THE DAY</b>  Three Bean Chili	<b>SUPPER:</b> Chicken Pot Pie  Grilled Reuben Sandwich w/ Fried Zucchini	<b>DESSERT:</b>  Key Lime Pie
FRIDAY, October 4				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Breakfast Jacks	<b>LUNCH</b> Fried or Baked Catfish Red Beans & Rice  Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread	<b>SOUP OF THE DAY</b>  Broccoli & Cheese	<b>SUPPER:</b> Soft Beef Tacos w/ Fixings  Stuffed Shells w/ Marinara Sauce & Garlic Bread	<b>DESSERT:</b>  Peach Cobbler
SATURDAY, October 5				
<b>BREAKFAST:</b> Sausage Oatmeal  Cinnamon Rolls	<b>LUNCH:</b> Ham & Kale Lemon Butter Tilapia  Baked Sweet Potato Casserole, Brussel Sprouts, Creamy Corn & Roll	<b>SOUP OF THE DAY</b>  Beef & Vegetables	<b>SUPPER:</b> Grilled Turkey Sandwich w/ Potato Chips  Stuffed Baked Potato w/ Chicken Broccoli & Cheese Sauce	<b>DESSERT:</b>  Apple Pie