

# This Week at Mountain Creek

## Recurring Activities

### Mondays

9:30 DVD Exercise - FC  
2:00 Shuffleboard - 2nd Floor  
5:30 Wii Practice - 2nd Floor  
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 DVD Exercise - FC  
10:00 BP Checks - FL  
2:00 Shuffleboard - 2nd Floor  
2:00 **Bible Study** - \***THEATER**\*  
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  
2:00 Shuffleboard - 2nd Floor  
6:00 42 Club - BR  
6:30 Table Games - QR

### Saturdays

2:00 Bingo with Jean Peel -MPR

SUNDAY AUGUST 16TH

6:00 p.m. Worship service

with Jim Leath in the Theater

Everyone Welcome

MONDAY, AUGUST 17TH

9:30 A.M. Dr. Salano -Podiatrist  
In Q.R.



TUESDAY, AUGUST 18TH

2:00 P.M. BINGO

WEDNESDAY, AUGUST 19TH

2:00 BIBLE STUDY IN THEATER



With Jewell Cross  
& Earl Winkelman

THURSDAY, AUGUST 20TH

3:00 P.M. BINGO IN MPR

FRIDAY, AUGUST 21ST

Coming soon.....

Fitness with Monica

NEXT Wednesday @ 9:30 a.m.

wheelchair friendly exercise!

**BRIDGEWAY**

SATURDAY, AUGUST 22ND

3:00 p.m. BINGO with JEAN PEEL



**Dr. Salano Monday**  
**August 17th**  
**@ 9:30 a.m.**  
**in Q.R.**

FALL  
IS  
COMING

# MOUNTAIN CREEK WEEKLY MENU

DAILY HOURS: Breakfast - 8:00 a.m. – 9:30 a.m. and Lunch 11:30 a.m. – 1:30 p.m.

ALWAYS AVAILABLE AT BREAKFAST: COLD CEREAL OF CHOICE, OMELETS, EGGS TO ORDER, HASHBROWNS & GRAVY

SUNDAY, August 16				
<b>BREAKFAST:</b> Sausage Oatmeal  Pancakes	<b>LUNCH:</b> Pot Roast w/ Carrots & Potatoes Chicken Fried Chicken  Mashed Potatoes, Brown Gravy Italian Green Beans, & Roll	<b>SOUP OF THE DAY</b>  Chef's Choice	<b>SUPPER:</b> Chopped BBQ Beef Sandwich on a Bun  Potato Chips Side of Fresh Fruit	<b>DESSERT:</b>  Apple Pie
MONDAY, August 17				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Blueberry Muffins	<b>LUNCH:</b> Spaghetti w/ Meat Sauce Parmesan Crusted Tilapia  Roasted New Potatoes, Steamed Broccoli, Buttered Baby Carrots, & Garlic Bread	<b>SOUP OF THE DAY</b>  Toscana	<b>SUPPER:</b> Beef Burritos, Spanish Rice Side Salad Fresh Banana	<b>DESSERT:</b>  Cookies w/ Ice Cream
TUESDAY, August 18				
<b>BREAKFAST:</b> Sausage Grits  Biscuits & Sausage Gravy	<b>LUNCH:</b> Hawaiian Chicken Breast Teriyaki Pork Chops  Fried Rice, Asian Vegetables, Mushrooms & Baby Corn, & Egg Roll	<b>SOUP OF THE DAY</b>  Beef & Vegetables	<b>SUPPER:</b> Tuna Salad w/side of Beets Potato Chips Fresh Banana	<b>DESSERT:</b>  Tiramisu Cake
WEDNESDAY, August 19				
<b>BREAKFAST:</b> Bacon Oatmeal  French Toast	<b>LUNCH:</b> Salmon Croquets Chicken Fried Steak  Garlic Mashed Potatoes, Gravy, Black Eyed Peas, Sautéed Spinach, & Cornbread Muffins	<b>SOUP OF THE DAY</b>  Minestrone	<b>SUPPER:</b> Club Sandwich on a Bun w/ Fritos & side of Fresh Fruit	<b>DESSERT:</b>  Cheesecake
THURSDAY, August 20				
<b>BREAKFAST:</b> Sausage Grits  Breakfast Burritos	<b>LUNCH:</b> Fried Chicken Hamburgers w/ Fixings  French Fries, Deep Fried Okra, Gravy, Macaroni & Cheese, & Roll	<b>SOUP OF THE DAY</b>  Tomato Basil	<b>SUPPER:</b> Trio Plate (Chicken, Tuna & Egg Salad) & Peaches & Crackers	<b>DESSERT:</b>  German Chocolate Cake
FRIDAY, August 21				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Cinnamon Roll	<b>LUNCH</b> Fried or Baked Catfish Taco Salad  Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies & Cornbread	<b>SOUP OF THE DAY</b>  Chili	<b>SUPPER:</b> Salami & Cheese Sandwich w/ Potato Chips, Jell-O, & Fresh Apple	<b>DESSERT:</b>  Churros w/ Caramel
SATURDAY, August 22				
<b>BREAKFAST:</b> Sausage Oatmeal  Breakfast Jacks	<b>LUNCH:</b> Chicken Spaghetti Honey Walnut Sauce Shrimp  Baked Potato w/ Fixings, Steamed Brussel Sprouts, Sautéed Zucchini & Garlic Bread	<b>SOUP OF THE DAY</b>  Chicken Noodle	<b>SUPPER:</b> Cold Cereal, Milk, Muffin, & Cup of Fresh Melon	<b>DESSERT :</b>  Blueberry Pie