

C.A.M.E.O. PROGRAM
ACTIVITIES FOR: **August 2017**

Mon	Tues	Wed	Thurs
	<p>1. <u>Taking Back Tuesdays</u> 12:12:45 12:45 Lunch Talking about the past</p> <p>Caesar salad with hard boiled eggs, garlic bread. Fruit</p>	<p>2. 10:00-10:30 Coffee, cake & catch up. Politics of current day discussion</p> <p>Penne Pesto. Salad, fruit</p>	<p>3. 12:00-2:45 Lunch 12:45-2:00 Talk of the town</p> <p>Vegetable pizza. Israeli salad, Fruit.</p>
<p>7. 10:30-10:45 Coffee, cake and catching up. 11:00-12:00 Current events 12:00-12:30 Lunch</p> <p>Grilled fish, orzo with mixed vegetables. Salad, fruit</p>	<p>8. <u>Taking Back Tuesdays</u> 12:12:45 12:45 Lunch 12:45-2:00 Learning about the past.</p> <p>Assorted wraps with tuna, egg salad and grilled vegetable. Salad, fruit.</p>	<p>9. 10:00-10:30 Coffee, cake . 10:30-11:30 What's new 11:30-12:00 Lunch 1:30-3 Senior Chai</p> <p>Eggplant parmigiana. Salad, fruit.</p>	<p>10. 12:00-12:45 Lunch 12:45-2:00 JAG Physical Therapists come and speak</p> <p>Bagels with cream cheese, scoop of tuna. Salad, fruit</p>
<p>14. 10:30-10:45 Coffee & cake and catching up 10:45-11:30 Hot topics 12:00-12:30 Lunch</p> <p>Cheese Pizza and Vegetable Pizza, Salad, fruit.</p>	<p>15. <u>Taking Back Tuesdays</u> 12:12:45 12:45 Lunch Dare to question</p> <p>Tuna and eggplant club sandwiches on white or brown bread. Salad, fruit.</p>	<p>16. 10:00-10:15 Coffee & cake 10:15- 11:45 Moving forward 12:-12:30 Lunch</p> <p>Grilled fish (salmon), Red potatoes, Salad, fruit.</p>	<p>17. 12-12:45 Lunch 12:45-2:00 Ladies choice</p> <p>Caesar salad with hard boiled eggs, garlic bread. Fruit</p>
<p>21. 10:30-10:45 Coffee & cake and catching up 10:45-11:30 What's new? 12:00-12:30 Lunch</p> <p>TBD</p>	<p>22. <u>Taking Back Tuesdays</u> 12-12:45 Lunch 12:45-1:30 Where were you when</p> <p>TBD</p>	<p>23. 10-10:15 Coffee & cake. 10:15-11:00 Topics of our time 12:-12:30 Lunch</p> <p>TBD</p>	<p>24. 12:00-2:45 Lunch 12:45-2:00 Women of Importance</p> <p>TBD</p>
<p>28. 10:30-10:45 Coffee & cake and catching up Current events of today 12:00-12:30 Lunch.</p> <p>TBD</p>	<p>29. <u>Taking Back Tuesdays</u> 12:00-12:45 Lunch Dream of the past</p> <p>TBD</p>	<p>30. 10:00 –10:15 Coffee & cake 10:15-10:45 Changes are coming... 11:30-12:00 Lunch</p> <p>TBD</p>	<p>31. 12:00-12:45 Lunch 12:45-2:00 Where will we be next year?</p> <p>TBD</p>