

DINING & ACTIVITIES

Dining

At Manor at Market Square, good company is always on the menu in our full-service dining room, where you'll meet friends and make memories over breakfast, lunch and dinner. Through our signature dining program, you'll always enjoy a wide selection of nutritious meals, which are made fresh to order in our restaurant-style dining.

SAMPLE DAILY MENU

Breakfast	Lunch	Dinner
Eggs - made to order Bacon Hash browns Assorted breads and pastries Always available: Fresh fruit, cold cereal, yogurt, oatmeal and cream of wheat	BBQ Chicken Leg Lemon Parmesan Tilapia Baked Sweet Potatoes Broccoli Assorted desserts: Chocolate pudding, sugar-free peach pie, German chocolate cake, peanut butter cup ice cream Always available: Soup, fresh carved ham or turkey sandwich, egg salad, tuna salad or chicken salad on bread, roll or lettuce	Grilled Caesar Chicken Wrap Baked Potato Wedges Assorted desserts: Rice pudding, triple chocolate cake, sugar-free peach pie, strawberry ice cream Always available: Soup, fresh carved ham or turkey sandwich, egg salad, tuna salad or chicken salad on bread, roll or lettuce, all beef hot dog and grilled cheese sandwich

SAMPLE HOLIDAY MENUS

Christmas	Mother's Day	Father's Day
Lobster tail NY strip steak Potato filling Apple fritters Creamed corn	Sautéed Shrimp Chicken Kiev French fries Grilled zucchini	Chargrilled rib eye steak with mushrooms & onions Fried chicken Baked potato Corn on the cob



Activities

Manor at Market Square offers diverse options for creative pursuits and favorite pastimes! Our Activities Director creates a diverse monthly calendar full of the interests expressed by our residents. We recognize the importance of balancing social and entertaining activities with those focused on

physical and mental well-being. Every day, we offer activities like fitness classes, cards, bingo, games, and crafts. Plus, every month there are special events such as happy hours with live entertainment, picnics, festivals and special presentations with guest speakers. Planned activities and social events are included in the monthly rent at Manor at Market Square.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 am Gathering in Atrium	9:30 am Current Events	9:45 am Strength, Mobility & Balance with FOX	9:45 am Men's Group	9:45 am Strength, Mobility & Balance with FOX	9:45 am Monthly Munch & Learn with FOX	9:45 am Morning Stretch
10:45 am Church	10:15 am Trivia Plus	10:15 am Trivia Plus	10:15 am Chorus Practice	10:30 am Shopping	10:15 am Trivia Plus	10:30 am Bible Study
2:00 pm Bingo	10:30 am Wacky Golf	1:30 pm Bingo	2:00 pm Entertainment	1:00 pm Country Ride	1:30 pm Cards	1:00 pm Bingo
3:00 pm Manicures	1:45 pm Bingo	3:30 pm Scrabble	3:00 pm Bingo	2:00 pm Baking Club	2:30 pm Crafts	2:30 pm UNO Card Game
4:00 pm Jigsaw Puzzles	3:30 pm Word Search	6:30 pm Scattergories	6:00 pm Yahtzee	6:30 pm Board Games	3:30 pm Word Search	4:00 pm Jigsaw Puzzles
6:30 pm Movie Classics	6:30 pm Card Games				6:30 pm Card Games	6:30 pm Movie