

Wednesday, July 2

- Food Trucks at Watertown Regional Medical Center - 11:00am
- Senior Suppers - 4:00pm

Friday, July 18

- Food Trucks at Watertown Regional Medical Center - 11:00am

Tuesday, July 22

- Mental Health First Aid Course - 8:00am

Wednesday, July 23

- Mental Health First Aid Course - 8:00am

Monday, July 28

- Food Trucks at Watertown Regional Medical Center - 11:00am

Food Trucks at Watertown Regional Medical Center

Time: 11:00am



April

- 23 - Bangin' Burgers and Lil' Sis Cookies

May

- 2 - Cocina Filipina and Lil' Sis Cookies
- 30 - Lyna Boba Tea/Corn Dogs and Lil' Sis Cookies

June

- 6 - Maria's, Smokin' Jack's BBQ and Lil' Sis Cookies

July

- 2 - Bocadillos and Lil' Sis Cookies
- 18 - Iron Pig BBQ, Cocina Filipina and Lil' Sis Cookies
- 28 - Smokin' Jack's BBQ, Maria's and Lil' Sis Cookies

August

- 14 - Streetza Pizza, Bocadillos and Lil' Sis Cookies

- 26 - Mr. P's Grilled Cheese and Shiver Shack

September

- 5 - Lyna Boba Tea/Corn Dogs
- 15 - Iron Pig BBQ and Shiver Shack

Senior Suppers

Time: 4:00pm



Harvest Market hosts a Senior Supper meal on the first Wednesday of every month from 4:00 pm to 7:00 pm and everyone is welcome. The meal features a main entrée, 1-2 side dishes, light dessert, and beverage (infused water, tea, coffee). Harvest Market is located inside the main entrance of Watertown Regional Medical Center.

Next Meal:

- Wednesday, January 8th - *BBQ Chicken Pieces w/German Potato Salad, Creamy Cucumber Salad*

Upcoming Meals

- Wednesday, February 5th - *Pork Marsala w/Whipped Mashed Potatoes, Green Bean Almondine*
- Wednesday, March 5th - *Parmesan Crusted Cod w/Rice Pilaf, Asian Cole Slaw*
- Wednesday, April 2nd - *Roasted Vegetable Lasagna w/Garlic Bread, Side Salad*
- Wednesday, May 7th - *Roasted Turkey Dinner w/Stuffing, Vegetable Medley*

Cost:

- Seniors: \$8.25
- General Public: \$9.25

Hours:

- 4:00 pm to 7:00 pm (or while supplies last)

Mental Health First Aid Course

Time: 8:00am

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to (1) recognize the signs and symptoms that suggest a potential mental health challenge, (2) listen nonjudgmentally, (3) give reassurance to a person who may be experiencing a mental health challenge, and (4) refer a person to appropriate professional support and services.

COURSE INFORMATION

This course is offered at no cost to you through a partnership between Madison College and Watertown Regional Medical Center. The first session was offered in May. The next two sessions will be offered in July and October. All sessions will be held at the Madison College Watertown Campus. Follow the button below to sign-up for the July course!

- [Next session: July 22nd and 23rd \(8am-12pm both days\)](#)
- Final session: October 15th and 16th (8am-12pm both days)

[Sign-up for july MHFA Course](#)