








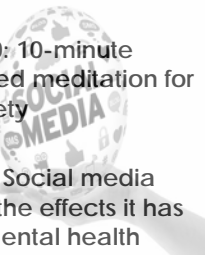




What's Cooking April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Sign up deadlines: Lunch sign up cut off: 11 a.m. (Tues & Thurs) Supper sign up cut off: 1 p.m. (Mon to Fri)</p> <p style="background-color: yellow; text-align: center; padding: 5px;">*Meals are subject to change at last minute*</p>			1	Good Friday 2
			<p>EASTER @ Club 90</p>  <p>LUNCH @ 11:30 SUPPER @3:30</p>	
Easter Monday 5	6	World Health Day 7	8	9
	<p>Free Lunch at 12pm: Tomato soup with beef and Rice</p> <p>3:30 pm supper: Grilled Ham & Cheese</p>	<p>3:30 pm supper: Bacon, Broccoli, & Cheese Casserole</p>	<p>Free Lunch at 12pm: Chili Cheese Dogs</p> <p>3:30 pm supper: Tater Bake</p>	<p>3:30 pm supper: Hamburger, Gravy & Fries</p>
12	13	14	15	16
<p>3:30 pm supper: Chicken Quesadillas</p>	<p>Free Lunch at 12pm: Beef & tomato soup</p> <p>3:30 pm supper: Fish, chips & coleslaw</p>	<p>3:30 pm supper:</p>  <p>Spaghetti & Meatballs</p>	<p>Free Lunch at 12pm: Meatball subs</p> <p>3:30 pm supper: Sloppy joes</p>	<p>3:30 pm supper: Chicken & baked stuff potato</p>
19	Volunteer Recognition Day 20	21	22	23
<p>3:30 pm supper: Scalloped Potatoes & Ham</p>	<p>Free Lunch at 12pm: Tuna/Egg salad sandwiches</p> <p>3:30 pm supper: Pork Fried Rice</p>	<p>3:30 pm supper:</p>  <p>Nachos</p>	<p>Free Lunch at 12pm: Perogies</p> <p>3:30 pm supper: Chicken Parmesan</p>	<p>3:30 pm supper: Shepherd's Pie</p>
26	27	National Day of Mourning 28	29	30
<p>3:30 pm supper: Scrambled eggs & Sausages</p> 	<p>Free Lunch at 12pm: Lunch: Fried Hotdogs & Macaroni Salad</p> <p>3:30 pm supper: Stir Fry</p>	<p>3:30 pm supper: Souvlaki Chicken & Greek Salad</p>	<p>Free Lunch at 12pm: Chicken Tenders & Fries</p> <p>3:30 pm supper: Stuffed peppers</p>	<p>3:30 pm supper: Beef Burritos</p>

What's Happening April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 EASTER @ Club 90  LUNCH @ 11:30 SUPPER @3:30	2 Good Friday 
5 Easter Monday 	6 10:30: Setting goals for April/March goal review 2:30: Bingo	7 World Health Day 11: Baking – Cookies 2:30 Arts & Crafts: create an emotion regulation jar	8 1030: Flyer day – Shop the sales & create weekly grocery list 2:30: iChef meal prep	9 10:30: CCEA virtual presentation 2:30: Gratitude: What we learned the last year
12 10:30 Create a self-esteem journal 2:30: Ted Talk: Magic of not giving a f**k	13 10:30 Stepping Stones Newsletter Meeting 2:30 Bean Bag Toss	14 10:30: 10-minute guided meditation for anxiety 2:30: Social media and the effects it has on mental health 	15 1030: Flyer day – Shop the sales & create weekly grocery list 2:30: iChef meal prep	16 10:30: CCEA virtual presentation 2:30 Creative Writing
19 10:30 Self compassion letter writing 1:30 Superhero movie: Shazam!	20 Volunteer Recognition Day 10:30: Worksheet: Making good use of my time 2:30: Bingo	21 11: Baking – M&M Brownies 2:30: Arts & Crafts: "Hold onto and let go of" art project	22 1030: Flyer day – Shop the sales & create weekly grocery list 2:30: iChef meal prep	23 10:30: CCEA virtual presentation 2:30 Ping Pong 
26 10:30: Switching negative thoughts to positive 2:30: Ted Talk: The power of vulnerability	27 10:30: Stepping Stones folding Day 2:30 Bean Bag tic tac toe	28 National Day of Mourning 10:30: 10-minute meditation 2:30 Creating a healthy habits log 	29 1030: Flyer day – Shop the sales & create weekly grocery list 2:30: iChef meal prep	30 10:30: Birthday cupcake baking 3:30 Birthday Celebration 