

# AUGUST 2019

## WHAT'S HAPPENING

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
				AM: Budget development PM: Pool game	AM: Club cleanup PM: Welcome Back party for Kerry	
04	05	06	07	08	09	10
	CLUB CLOSED FOR CIVIC HOLIDAY	AM: Mood Mapping PM: Movie afternoon	AM: Arts&Crafts (Bean bags) PM: Bingo	AM: Budget development PM: Fishing at new pier**	AM: Coffee social PM: Beach day 1-3*	
11	12	13	14	15	16	17
	AM: Hairstyling with Avery PM: Pool game	AM: Mindfulness PM: Dart school with Victor	CLUB CLOSED CLUB 90 GOES TO CAMP THOMPSON	AM: Budget development PM: Nature walk*	AM: Club cleanup PM: Birthday Party	
18	19	20	21	22	23	24
	AM: Hairstyling with Avery PM: Beanbag baseball	AM: Goal setting PM: Ted Talk in boardroom	AM: Arts&Crafts (DYI Candle holders) PM: Bingo	AM: Budget development PM: Driving Range*	AM: Coffee social PM: Beach day 1-3*	
25	26	27	28	29	30	31
	AM: Hairstyling with Avery PM: Beanbag baseball	AM: Spa morning PM: Dart school with Victor	AM: Arts&Crafts (DYI Picture frames) PM: Bingo	AM: Budget development PM: Trivia/Karaoke	AM: Club cleanup PM: Going away party for Avery	
<b>NOTES</b>						

- \* For activities that involve outings, please call the club to make sure they are still ongoing as they are weather permitting activities.
- \*\* If you plan to participate in fishing, you must have a valid fishing license.
- Got an activity idea? Let us know!

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## WHAT'S COOKING

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
				Smothered Chicken	Spaghetti	
04	05	06	07	08	09	10
	CLUB CLOSED FOR CIVIC HOLIDAY	Fish and chips	Chili	Stuffed pasta	BBQ	
11	12	13	14	15	16	17
	Pizza Bagels	Tacos	CLUB CLOSED  CLUB 90 GOES TO CAMP THOMPSON	Mac n Cheese	French toast	
18	19	20	21	22	23	24
	Cold Plate	Ravioli Lasagna	Corned beef on Rye	Tuna Melts	Shish Kabobs	
25	26	27	28	29	30	31
	Shepherd's pie	Wraps	Breakfast for supper	Stir fry	Chicken Fajitas	
<b>NOTES</b>						

- Please inform staff of any food allergies ahead of mealtime.
- If you are interested in cooking a meal, speak with a Mental Health Worker
- Please call before 11 a.m. to sign up for lunches and 1 p.m. for supper. This is to ensure that there is enough food for everyone.
- Free lunches are held Tuesdays and Thursdays. Supper is at 4 p.m. and cost \$2 per plate.