


DECEMBER 2019

WHAT'S HAPPENING

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
	AM: Decorate for Christmas PM: Reflecting on 2019/setting goals for 2020	AM: Meditation for grounding PM: Stepping stones newsletter meeting	1pm: Webinar - Story shifters: co-creating new stories about trauma (Put on via Contact North)	Lunch & Learn: Body language and how it shapes you	PING PONG DAY 	
08	09	10	11	12	13	14
	AM: Coffee/tea social Popcorn & Christmas Movie: <i>Christmas with the Kranks</i>	AM: Making your own coping skills box PM: Spa Day	AM: Coffee/Tea social PM: Jolly-oh Bingo	AM: Creative Writing PM: Tech with Steph	AM: Clubhouse Housekeeping PM: Christmas Baking/Arts & Crafts	
15	16	17	18	19	20	21
	AM: Coffee/tea social PM: Christmas Baking/Arts & Crafts	AM: Make your own ugly Christmas Sweater PM: gingerbread house building	Christmas supper Prep	Christmas Supper Open 10 am to 6 pm	AM: Clubhouse Housekeeping PM: Birthday party	
22	23	24	25	26	27	28
	Popcorn & Christmas Movie: <i>Christmas Chronicles</i>	Board Game Cafe			AM: Clubhouse Housekeeping PM: Self soothing - what is it and why do it	
29	30	31	Jan. 1 2020			
	AM: Coffee/tea social PM: Newsletter Folding	AM: Meditation for mindfulness PM: Newsletter distribution				

NOTES

If you are feeling lonely, depressed, isolated, anxious and need someone to talk to afterhours or when we are closed, you can call the regional WARM line at:

1-866-856-9276 (WARM)

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WHAT'S COOKING

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
	Garlic parmesan broccoli & bacon	Steph's Stew	Sandwiches and fries	Scotty's turkey's casserole	Corn chowder and biscuits	
08	09	10	11	12	13	14
	Green Bean Casserole	Chicken Potpie	Hot Hamburger and Poutine	Meatball subs and fries	Mac and Cheese	
15	16	17	18	19	20	21
	Mike's Chicken Cordon bleu & perogies	Tourtière (Meat Pie) and Veggies	Soup and Sandwiches	Christmas dinner @ 4:30 p.m.	Amazing Leftovers	
22	23	24	25	26	27	28
	Pasta	Breakfast goodies			Tortellini Soup	
29	30	31	Jan 1 2020			
	Cold plate	Mini appetizers				
NOTES						

- No meal substitutions (if you have a health concern, speak with a MHW).
- 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.

