



# JANUARY 2020

## WHAT'S HAPPENING

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
				11 AM: Setting goals for 2020 2 PM: Stepping Stones newsletter meeting	<b>Board/card Game Café</b> 	
05	06	07	08	09	10	11
	11 AM: Clubhouse Cleanup 2 PM: Baking:	11 AM: Make your own face/body scrub  2 PM: Spa day	11 AM: From Soup to Tomatoes (exercise) 2 PM: Bingo	12 p.m. Lunch & Learn: How to stay calm when faced with stress	<b>Gratitude Day</b> All day activities to learn about and show gratitude	
12	13	14	15	16	17	18
	11 AM: Clubhouse Clean up 2 PM: Boundaries: Why we need them	11 AM: Arts & Crafts: Crystal Balls PM: Chair Yoga with Kay	11 AM: Coffee/tea social 2 PM: Pet Introduction with Gypsy	10:30 a.m. <b>Consumer Survivor Breakfast</b>	<b>Ping Pong Day</b> 	
19	20	21	22	23	24	25
	11 AM: Clubhouse cleanup 2 PM: Movie: Liar Liar	11 AM: Meditation for Stress 2 PM: Self Compassion and positive talk	11 AM: From Soup to Tomatoes (exercise) 2 PM: Bingo	11 AM: Clubhouse cleanup 4 PM: Birthday Party for January bdays	<b>POOL DAY</b> 	
26	27	28	29	30	31	
	11 AM: Clubhouse Clean up 2 PM: Baking: Cupcakes for Bell Lets Talk	11 AM: Arts & Crafts: Tissue paper art PM: Chair Yoga with Kay	 Breaking the Stigma on Mental Health	11 AM: Newsletter Folding 2 PM: Winter Walk (dress warm)	<b>Karaoke Day</b> 	

- Have an idea for an activity? Speak with a mental health worker
- Join us for #BellLetsTalk Day on Jan. 29 for activities on breaking mental health stigma.
- **PET/ALLERGY WARNING:** Darlaine, from Magical Pet Paws, will be here Jan. 15 at 2 p.m. for members interested in learning about therapy dogs and get some tips on proper handling. If you have allergies.

# JANUARY 2020

## WHAT'S COOKING

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
				Loaded Potato Soup	Grilled Cheese and Poutine	
05	06	07	08	09	10	11
	BBQ chicken drums, rice and veggies	Pasta	Soup and Sandwiches	Perogies and Caesar Salad	Mini meatball subs and fries	
12	13	14	15	16	17	18
	Spaghetti	Breakfast for supper	Taco Salad	Consumer Survivor Lunch	Butternut Squash soup and biscuits	
19	20	21	22	23	24	25
	Jess's Chili pasta	Chili dogs and fries	Cold Plate	French Toast and Sausages	Celebrating the Chinese New Year Supper	
26	27	28	29	30	31	
	Tuna Melts and macaroni salad	Pork tenderloin, potatoes and veggies	Sloppy Joes	Quesadillas	Veggie Pasta	
<b>NOTES</b>						

- 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.