

# January

# 2025

HAPPY NEW YEAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>01</p> <p>This month we are working on life skills! Are you interested in eating better on a budget or how to organize your health and your home? On the 15<sup>th</sup> we will celebrate members birthdays at the Club Come on Down for cupcakes!!</p> 	<p>02</p> <p>Create a Vision Board on your set goals @2pm</p> 	<p>03</p> <p><b>GAMES DAY!!!</b> Bean Bag Baseball, Bingo, Karaoke, PS5</p> 		
<p>06</p> <p>Learn how to Meal Prep on a budget @ 2pm</p> 	<p>07</p> <p><b>Meditation @ 3pm</b> Presentation by OPP officer Phil Young on Scams @2pm</p> 	<p>08</p> <p><b>D&amp;D</b> And Jam Session 12PM-3PM Maintenance Meeting @ 11am</p>	<p>09</p> <p>Journaling at 11am Learn Self Care to improve Mental Health @2pm</p> 	<p>10</p> <p><b>GAMES DAY!!!</b> Bean Bag Baseball, Bingo, Karaoke, PS5</p> 
<p>13</p> <p>Around The World Japan Tour enjoy Food, Music and Culture @ 1PM</p> 	<p>14</p> <p><b>Meditation @ 3pm</b> Start a Club HERB GARDEN with Ajay @2pm</p> 	<p>15</p> <p><b>D&amp;D</b> And Jam Session 12PM-3PM iChef meeting @11:00am</p>	<p>16</p> <p>Journaling at 11am Practices on Decluttering your Home @2pm</p> 	<p>17</p> <p><b>GAMES DAY!!!</b> Bean Bag Baseball, Bingo, Karaoke, PS5</p> 
<p>20</p> <p>Presentation by Counseling Centre of east Algoma on Grief @ 2pm</p> 	<p>21</p> <p><b>Meditation @ 3pm</b> How to set reasonable achievable Goals @2pm</p> 	<p>22</p> <p><b>D&amp;D</b> And Jam Session 12PM-3PM Heath &amp; Safety Meeting @ 11am</p>	<p>23</p> <p>Journaling at 11am How to Organize on a Budget @2pm</p> 	<p>24</p> <p><b>GAMES DAY!!!</b> Bean Bag Baseball, Bingo, Karaoke, PS5</p> 
<p>27</p> <p>Learn how to Meal Prep on a budget @ 2pm</p> 	<p>28</p> <p><b>Meditation @ 3pm</b> Dealing with Winter Depression and how to cope</p> 	<p>29</p> <p><b>Staff Training</b> Staff Training Day! SEE YOU TOMORROW</p> 	<p>30</p> <p>Journaling at 11am <b>NATIONAL BACKWARDS DAY</b> Come with everything on backwards for a fun photo shoot!</p>	<p>31</p> <p><b>GAMES DAY!!!</b> Bean Bag Baseball, Bingo, Karaoke, PS5</p> 



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Monday 30	Tuesday 31 Free Lunch	Wednesday 1	Thursday 2 Free Lunch	Friday 3
<p>If any member is interested in cooking in the month of February, Please submit their recipes to AJ by 17<sup>th</sup> January.</p> <div style="display: flex; justify-content: space-around;">   </div>			<p><b>Supper:</b> Pineapple Chicken by Ivan</p> 	<p><b>Supper:</b> Fish and Chips</p> 
6	7 Free Lunch	8	9 Free Lunch	10
<p><b>Supper:</b> Shake and Bake Chicken</p> 	<p><b>Supper:</b> Salisbury steak</p> 	<p><b>Supper:</b> Tuna casserole</p> 	<p><b>Supper:</b> Pork chops and sides</p> 	<p><b>Supper:</b> Poutine and hot dogs</p> 
13	14 Free Lunch	15	16 Free Lunch	17
<p><b>Supper:</b> Japanese Delicacy</p> 	<p><b>Supper:</b> Chicken Pot pie</p> 	<p><b>Supper:</b> Cold plate</p> 	<p><b>Supper:</b> Philly cheese steak pasta by Moe</p> 	<p><b>Supper:</b> Lazy lasagna</p> 
20	21 Free Lunch	22	23 Free Lunch	24
<p><b>Supper:</b> Chicken Burger</p> 	<p><b>Supper:</b> Potato Soup</p> 	<p><b>Supper:</b> Pizza Day</p> 	<p><b>Supper:</b> Beef Noodle Casserole</p> 	<p><b>Supper:</b> Egg rolls and Fried Rice</p> 
27	28 Free Lunch	29	30 Free Lunch	31
<p><b>Supper:</b> Ramon Soup</p> 	<p><b>Supper:</b> KFC bowls</p> 	<p><b>Staff Developmental Day</b></p> 	<p><b>Supper:</b> French Toast and Scrambled Eggs</p> 	<p><b>Supper:</b> Chicken Ranch wraps</p> 