

JULY ~ 2019

WHAT'S COOKING

SUN	MON	TUES	WED	THURS	FRI	SAT
	01	02	03	04	05	06
	CLUB CLOSED FOR CANADA DAY	FREE LUNCH Meatball parm casserole	Mediterranean Chickpea Salad	FREE LUNCH BBQ at Westview Park	BBQ	
07	08	09	10	11	12	13
	Fish with Salad	FREE LUNCH Asian noodle salad with Kieran	Hawaiian Grilled Cheese with Vegetables	FREE LUNCH Zach's Ribs with corn on the cob	BBQ	
14	15	16	17	18	19	20
	Pesto spaghetti with summer Squash	FREE LUNCH BLT with salad	Cold plates	FREE LUNCH Grilled chicken sliders	BBQ	
21	22	23	24	25	26	27
	Club 90 at airport for clean up	FREE LUNCH Summer sausage salad	Heather & Scott Beef & mushroom with potatoes and coleslaw	FREE LUNCH Soft Tacos	BBQ	
28	29	30	31			
	Turkey Lettuce wraps	FREE LUNCH Mac & Cheese	Taco Dogs			
	<p>Is there a meal you would like to help cook? Speak with a Mental Health Worker to get set up!</p>					

JULY ~ 2019

WHAT'S HAPPENING

SUN	MON	TUES	WED	THURS	FRI	SAT
	01	02	03	04	05	06
	CLUB CLOSED FOR CANADA DAY	AM: Baking 2:30 Coffee social @ Kathy's Brew Haha	AM: Coffee social @ Club Club 90 hits the trails 2:30 Hike @ Sherrifs Creek	AM: Budget development 2:30 Picnic @ Westview Park/Boat Launch	AM: Club cleanup 2:30 Club 90 at Spine beach	
07	08	09	10	11	12	13
	AM: Coffee social @ Club PM: Newsletter Meeting	AM: Meditation PM: Mood Mapping review	AM: Coffee social @ Club PM: Bingo	AM: Budget development PM: Practicing emotional first aid	Consumer survivor BBQ	
14	15	16	17	18	19	20
	AM: Coffee social @ Club PM: Ted Talk	AM: Baking PM: Goal setting and goal review	AM: Coffee social @ Club 2:30 Hike @ Firetower	Club 90 gets ready for the races! (Drag race set-up)	DRAG RACE WEEKEND	DRAG RACE WEEKEND
21	22	23	24	25	26	27
DRAG RACE WEEKEND	CLUB 90 CLEANUP AT AIRPORT (Meet @ Club for 9:30)	AM: Meditation PM: Spa Day	AM: Coffee social @ Club PM: Bingo	AM: Budget development PM: Creating gratitude journals	AM: Club cleanup 2:30 Club 90 at Spine beach	
28	29	30	31	Aug 1		
	AM: Coffee social @ Club PM: TED TALK TBA	AM: Newsletter folding PM: Arts & Crafts	AM: Coffee social @ Club PM: Decorate for Kerry's return	Full amount for camping trip money due!		
	HAPPY BIRTHDAY					
	COME OUT AND CELEBRATE THE BIRTHDAY'S OF: Richard, Dan, Charles, Victor, Valerie, Mary, Scott, Greg, Augustino, Trevor, Linton, Barbara, Lynn, Heather, Bruce. Come out on July 25 to celebrate!					