

JUNE ~ 2019

WHAT'S COOKING

SUN	MON	TUE	WED	THU	FRI	SAT
						01
02	03	04	05	06	07	08
	Pork Loin with Potatoes	*FREE LUNCH* KABOBS	Slow cooker mac & Cheese	*FREE LUNCH* Tuna Melts with fresh veg	Nachos	
09	10	11	12	13	14	15
	Grilled Chicken with potatoes	*FREE LUNCH* Fettuccini Alfredo	Cold Plate	*FREE LUNCH* Meatloaf	CONSUMER BREAKFAST (NO SUPPER)	
16	17	18	19	20	21	22
	Chicken Sliders with Salad	*FREE LUNCH* Fish & Chips	BBQ	*FREE LUNCH* Baked Spaghetti	Stir Fry	
23	24	25	26	27	28	29
	Broccoli Quiche	*FREE LUNCH* Shephard's Pie	Egg wraps and home fries	*FREE LUNCH* Twice Baked potato & Salad	Quesadillas	
30	<p style="text-align: center;">Is there a meal you would like to help cook? Speak with a Mental Health Worker to get set up!</p>					

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WHAT'S HAPPENING

SUN	MON	TUE	WED	THU	FRI	SAT
<p>If you have a suggestion of an activity you would like to do, come see a Mental Health Worker!!</p> <p>We are accepting payments for the annual camping trip. Speak with a Mental Health Worker for more information</p>						01
02	03	04	05	06	07	08
	AM: Coffee social PM: Self-Care Challenge	AM: Meditation PM: Discussion <i>Human Trafficking</i>	AM: Coffee social PM: Goal/Mood map review	AM: Grocery Budget PM: Hike - Sheriffs Creek @ 2:30	AM: Coffee social PM: Trivia	
09	10	11	12	13	14	15
	AM: Coffee social PM: Newsletter Meeting	AM: Baking PM: Discussion: <i>Redefine Possible</i>	AM: Coffee social PM: Bingo	AM: Grocery Budget PM: Creative writing	Consumer/survivor breakfast @ 10:30 a.m.	Free Fishing Weekend
16	17	18	19	20	21	22
Free Fishing Weekend	AM: Coffee social PM: Arts & Crafts	AM: Meditation PM: Ted Talk : <i>Good boundaries free you</i>	ANNUAL GENERAL MEETING AT 3 P.M.	AM: Grocery Budget PM: Spa Day	AM: Club clean up PM: Birthday Party	
23	24	25	26	27	28	29
	AM: Coffee social PM: Movie: <i>La La Land</i>	AM: Baking PM: Worksheet: Identifying core beliefs	AM: Coffee social PM: Bingo	AM: Grocery Budget PM: Risk Tourn. Day 1	AM: Newsletter folding PM: Risk Tourn. Day 2	
30	<p>HAPPY BIRTHDAY FRIENDS!</p> <p>Come celebrate the birthday's of: Beverlee, Oliver, Kirk, Randolph, Dara, Jim, Donald, Brenda, Terrell, Charlie, Gaetanne, Laura, Vanessa, Debbie, Sandra, Greg, Norman, Brad, Cindy, Stephanie, Bill, Leif.</p>					