


# MAY

# 2026



Round Table Social at 11am and TED TALK



04	05 MENTAL	06 HEALTH	07 WEEK	08
Open House Community Partner booths and information tables  BBQ 11-3:30pm	Health & Wellness Day Presentations Wende D 11-3pm	Team Building Day  Karis Disability 11-3pm Free Lunch	Recovery Day Oak's Clients for High Tea Lunch Presentations  James Zoom	Art Fun Day Henna tattoos Mandala Art session 12-2pm Men's Social Group 1-3pm  Community BBQ 11- 3:-30pm
11	12	13	14	15
Meditation at 11am  Tai Chi With Marty At 1:30pm	Karaoke day 1-3  	Health and Wellness Club 11am  Magic @ 12-3pm  	Journaling and bullet journaling from 10-12pm Rainbow flowers for tree for Pride month in June	  
18	19	20	21	22
<b>VICTORIA DAY!!</b>  <b>HAVE A GREAT DAY SEE YOU TOMORROW!!</b>	Mindfulness Exercise With Ryan from CCEA Lunch and Learn	Health and Wellness Club 11am  Magic @ 12-3pm  	CCEA Lunch and Learn Team Work Shari	  
25	26	27	28	29
Meditation at 11am  Tai Chi With Marty At 1:30pm	Pool Tournament  12:30-2:30pm  	Health and Wellness Club 11am  Magic @ 12-3pm  	Journaling and bullet journaling from 10-12pm Make a rainbow for Mirror in club	  



# May

Please sign up daily before 11 AM, for Lunch and 12 PM for Supper by calling 705-848-2879. Please and thank you!

Monday	Tuesday	Wednesday	Thursday	Friday
Mental Health Week (May 4 <sup>th</sup> –8 <sup>th</sup> )				<b>1 I- CHEF</b>
Mental Health Week will be held from May 4th to May 8th. Please check the stepping stones for activity details.				<b>Supper:</b> Butter Chicken
Members interested in cooking in June, please submit their names to Ajay by May 22nd.				
With BBQ season approaching, those who wish to volunteer can provide their names to the MHWs.				
<b>4 Mental</b>	<b>5 Health</b>	<b>6 Week</b>	<b>7</b> 	<b>8 I- CHEF</b>
<b>Community BBQ</b>  <b>WEATHER PERMITTING</b>	<b>Pepperoni Pizza</b> & <b>Mexican Beef Rice Casserole</b>	<b>Spaghetti</b> & <b>Chicken Ceaser Wraps</b>	<b>High Tea Breakfast</b> & <b>Chicken Orzo Casserole</b>	<b>Community BBQ</b>  <b>WEATHER PERMITTING</b>
<b>11</b>	<b>12 Free Lunch</b>	<b>13</b>	<b>14 Free Lunch</b>	<b>15 I- CHEF</b>
<b>Supper:</b> <b>Hashbrown Casserole</b> 	<b>Supper:</b> <b>Shake and Bake Chicken</b> 	<b>Supper:</b> <b>Pizza</b> 	<b>Supper:</b> <b>Beef Burrito</b> 	<b>BBQ</b>  <b>WEATHER PERMITTING</b>
<b>18</b>	<b>19 Free Lunch</b>	<b>20</b>	<b>21 Free Lunch</b>	<b>22 I- CHEF</b>
<b>Supper:</b> <b>Chili</b> 	<b>Supper:</b> <b>KFC's Bowls</b> 	<b>Supper:</b> <b>Lasagna</b> 	<b>Supper:</b> <b>Chicken Burgers</b> 	<b>BBQ</b>  <b>WEATHER PERMITTING</b>
<b>25</b>	<b>26 Free Lunch</b>	<b>27</b>	<b>28 Free Lunch</b>	<b>29 I- CHEF</b>
<b>Supper:</b> <b>Quiche</b> 	<b>Supper:</b> <b>Sloopy Joes</b> 	<b>Supper:</b> <b>Stir Fry</b> 	<b>Supper:</b> <b>Creamy Mac and Cheese</b> 	<b>BBQ</b>  <b>WEATHER PERMITTING</b>