



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Tidbit</p> <ul style="list-style-type: none"> • Secret Santa sign up is now available! • Movember is men's health awareness month for Prostate Cancer. We will not shave for the month and take before and after pictures on November 30th • November 11th Remembrance Day...Lest We Forget the people who fought for us • November 24-30th is National Addictions Awareness week with presentations 				<p style="text-align: center;">MOVEMBER</p>  <p>Day 1..Come clean shaven to take a before picture. Don't shave for 30 days and take after pic.</p>
04	05	06	07	08
<p>Decorate for Remembrance Day! Come make poppies</p> 	<p>Self-Care Tuesday Meditation and Yoga at 11am</p> 	 <p>And Jam Session 11AM-3PM</p>	<p>Calming Corner Art, Mandala and Journaling at 1pm</p> 	<p>Presentation by Dean Shavaliar Real war stories from a retired veteran living with PTSD @ 1pm</p> 
11 REMEMBRANCE DAY	12	13	14	
<p>Remembrance Day In Canada <i>A Resource for Parents</i></p> 	<p>Self-Care Tuesday Meditation and Yoga at 11am</p> 	 <p>And Jam Session 11AM-3PM</p>	<p>Let's Grow a Herb Garden at 12pm</p> 	<p>GAMES DAY!!! Bean Bag Baseball, Bingo, Karaoke, PS5</p> 
18	19	20	21	22
<p>Around The World Surprise Tour enjoy Food, Music and Culture @ 1PM</p> 	<p>Self-Care Tuesday Meditation and Yoga at 11am</p> 	<p>STAFF TRAINING CLOSED SEE YOU TOMORROW</p>	<p>Calming Corner Art, Mandala and Journaling at 1pm</p> 	<p>GAMES DAY!!! Bean Bag Baseball, Bingo, Karaoke, PS5</p> 
25	26	27	28	29
<p>CMHA Someone's Someone campaign Take pictures and post online #SomeonesSomeone Come and share your story with living with addiction and struggles at 1pm</p>	 <p>Canadian Centre on Substance Use and Addiction</p> <p>Living with addiction and the struggles with James Bridson @ 1:30pm</p>	 <p>And Jam Session 11AM-3PM</p>	<p>Calming Corner Art, Mandala and Journaling at 1pm</p> 	<p>GAMES DAY!!! Bean Bag Baseball, Bingo, Karaoke, PS5</p> 



NOVEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>If any member is interested in cooking in the month of December, can give the name of the dish to AJ by November 22nd.</p>				<p>Supper: Chicken Kiev</p> 
				
4	5 Free Lunch	6	7 Free Lunch	8
<p>Supper: Japanese Curry by Erica</p> 	<p>Supper: Samosa by Sarah</p> 	<p>Supper: Lasagna by Norma</p> 	<p>Supper: Sloppy Joe's by Ivan</p> 	<p>Supper: Hot Dog Spaghetti by Yuri</p> 
11 Remembrance Day	12 Free Lunch	13	14 Free Lunch	15
<p>Supper: Chicken Alfredo Tater Tots by Reihl</p> 	<p>Supper: Cottage Rolls with Rice by Tracy</p> 	<p>Supper: Chicken & Rice by Norma</p> 	<p>Supper: Chicken Bean Casserole by Moe</p> 	<p>Supper: Pasta by Melanie</p> 
18	19 Free Lunch	20	21 Free Lunch	22
<p>Supper: Heather's Jamaican Delicacy</p> 	<p>Supper: Tomato Soup & Naan Bread by Dennis</p> 	<p>Supper: Vegetarian Stew by Melanie</p> 	<p>Supper: Vegan Mac and Cheese by Erica</p> 	<p>Supper: Beef Hamburger by Alice</p> 
25	26 Free Lunch	27	28 Free Lunch	29
<p>Supper: Chili Hamburger by Dennis</p> 	<p>Supper: Indian Tacos by Michael</p> 	<p>Supper: Pizza Day</p> 	<p>Supper: Cheese meat loaf by Alice</p> 	<p>Supper: French Toast by Yuri</p> 