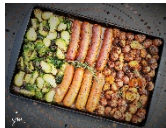


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
03	04	05	06	07
Meditation 10am and 2pm 30 min workout with Heather 2:30pm	Decorate the club for Remembrance Day	Christmas Tree  Magic @ 12-3pm 	Starts at 1:30pm 	11-2pm at Club 90 
10	11	12	13	14
Meditation 10am and 2pm 30 min workout with Heather 2:30pm	REMEMBRANCE DAY! War Veteran Guest speaker at 2pm 	Christmas Tree Decoration  Magic @ 12-3pm 	Chantal from ODSP 9am – 3pm Presentation by Counselling Centre of East Algoma on Building Resilience at 1:30pm	11-2pm at Club 90  
17 National	18 ADDICTIONS	19 AWARENESS	20 WEEK	21
Meditation 10am and 2pm 30 min workout with Heather 2:30pm	SURVIVOR BRUNCH 11AM ALONG WITH PRESENTATION BY OAK'S CENTRE	Ryan from the Counselling Centre of East Algoma on addictions @ 1:30pm	Addictions Discussion with our friend James via Zoom Meeting at 1pm all are welcome to share stories!!	11-2pm at Club 90 
24	25	26	27	28
Meditation 10am and 2pm 30 min workout with Heather 2:30pm	International Day of Elimination of Violence Against Women Presentation by Counselling Centre of East Algoma at 1:30pm	Christmas Tree  Magic @ 12-3pm 	Presentation by Counselling Centre of East Algoma on 6 at 1:30pm	 11-2pm at Club 90 



Monday	Tuesday	Wednesday	Thursday	Friday
Tidbits: • Sign up sheet is up for our December Secret Santa! November 30th deadline to sign up and gifts handed in by December 5th here at Club 90. • Do you have a favorite Christmas treat you would like to make for our Christmas dinner? Please see Ajay to plan.				
3	4 Free Lunch	5	6 Free Lunch	7 I- CHEF
Supper: Spaghetti/Ceasar Salad 	Supper: Club 90 Bowl 	Supper: Chicken Ceaser Wrap 	Supper: Cheesy Taco Rice Casserole 	Supper: Homemade Soup/Grill Cheese 
10	11 Free Lunch 	12	13 Free Lunch	14 I- CHEF
Supper: Pizza 	Supper: Fried Strawberry Cheesecake Sandwich 	Supper: Smothered Mushroom Pork Chops 	Supper: Cold plate 	Supper: Chicken Pot Pie/Biscuits 
17	18 Free Lunch	19	20 Free Lunch	21 I-CHEF
Supper: Tator Tot Sheppard's Pie 	Supper: Sausages/Mashed Potatoes & Brussel Sprouts 	Supper: Chicken Burgers 	Supper: Spaghetti Squash Casserole 	Supper: Ham & Cheese Croissants 
24	25 Free Lunch	26	27 Free Lunch	28 I-CHEF
Supper: Hamburgers & Salads 	Supper: Swiss Chicken 	Supper: Creamy Potato Hamburger Soup 	Supper: Autumn Harvest Beef Stew 	Supper: Pizza 