




OCTOBER 2019

WHAT'S HAPPENING

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--------------|--|---|--|--|---|-----|
| | | 01 | 02 | 03 | 04 | 05 |
| | | AM: Meditation PM: Mood mapping and goal review | AM: Coffee social PM: Beanbag baseball | AM: Budget development PM: Thanksgiving Arts & Crafts | AM: Club cleanup PM: Decorate for Thanksgiving | |
| 06 | 07 | 08 | 09 | 10 | 11 | 12 |
| | AM: Coffee social PM: Newsletter Meeting | AM: Colour Therapy PM: TED TALK discussions "Personal goals" | AM: Coffee social PM: Bingo | Club open 12 to 8 p.m.  | AM: Club cleanup PM: Spa Day | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| |  | AM: Meditation PM: Baking | AM: Coffee social PM: Darts | AM: Budget development 2 p.m. Don't ignore the red flags | CONSUMER/SURVIVOR BREAKFAST | |
| 20 | Election Day 21 | 22 | 23 | 24 | 25 | 26 |
| | AM: Coffee social PM: Movie | AM: Colour Therapy PM: TED TALK Discussion: Handling stress | AM: Coffee social PM: Beanbag baseball | AM: Budget development PM: Halloween Arts & Crafts | AM: Club cleanup PM: Birthday party | |
| 27 | 28 | 29 | 30 | 31 | | |
| | AM: Coffee social PM: Decorate for Halloween | AM: Meditation PM: Baking: Pumpkin theme | AM: Coffee social PM: Halloween theme Bingo | HALLOWEEN PARTY  | | |
| NOTES | | | | | | |

- We are having our Thanksgiving supper on Oct.10, therefore we are open 12 to 8 p.m. Volunteers who are cooking can come at 10 a.m. Sign up at front desk
- **A closed group on red flags will be held Oct. 17 from 2 to 3:30 p.m. Speak to a MHW to sign up!**
- The Federal Election n is Oct. 21, see a MHW if you need help to register online to vote.

OCTOBER 2019

WHAT'S COOKING

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--------------|---|--|---------------------|---|------------------------------|-----------|
| | | 01 | 02 | 03 | 04 | 05 |
| | | Veggie Pizza (World vegetarian Day) | Hot Hamburgers | Chicken Caesar wraps | Meatball subs | |
| 06 | 07 | 08 | 09 | 10 | 11 | 12 |
| | BBQ* (Weather permitting) | Perogies and caesar salad | Scotty's supper | THANKSGIVING DINNER  | MMMM Leftovers! | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| |  | Soup and Sandwiches | Garlic Pasta | Gumbo | Survivors breakfast | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | Surprise!! | Toasted tomato Sandwich and macaroni salad | Chili | Chili dogs and fries | BBQ* (Weather permitting) | |
| 27 | 28 | 29 | 30 | 31 | | |
| | Beef Stroganoff | French Toast and Sausages | Soup and sandwiches | Halloween "ghoulash" | | |
| NOTES | | | | | | |

- No meal substitutions (if you have a health concern, speak with a MHW).
- If you are interested in cooking a meal, speak with a Mental Health Worker
- Please call before 11 a.m. to sign up for lunches and 1 p.m. for supper. This is to ensure that there is enough food for everyone.
- Free lunches are held Tuesdays and Thursdays. Supper is at 4 p.m. and cost \$2 per plate.