







# September 2020

## Activities

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		World Letter Writing Day <sup>1</sup> 10:30 AM: Art Therapy 2:15 PM: Letter Writing activity	<sup>2</sup> 10:30 AM: 10-minute guided imagery meditation 2:15 PM Stepping Stones meeting	Recovery Day Activity <sup>3</sup> 10:30 AM: Coffee social: Current events/ flyer day 2:15 PM: Developing a recovery plan	<sup>4</sup> 10:30 AM: Virtual information session with CCEA Malin @ Club 90 2:15 PM: Journaling group (with Kerry)	<sup>5</sup>
6	<sup>7</sup> 	<sup>8</sup> 10:30 AM: Grounding Techniques for coping 2:15 PM: Game day: Would you rather? 	<sup>9</sup> 10:30 AM: Affirmation Tree Painting 2:15 PM: Social media and the effects it has on mental health (With Jess)	<sup>10</sup> 10:30 AM: Coffee social: Current events/ flyer day 2:15 PM: Mind Matters Trivia Game	<sup>11</sup> <u>LIVE STREAM PERFORMANCE</u>  1:30 PM: Theatre performance of "Frozen: the musical"	<sup>12</sup>
13	<sup>14</sup> <u>Online course &amp; Discussion:</u> 2 PM: The R.A.I.N switch technique (section 1 & 2)	<sup>15</sup> 10:30 AM: Art Therapy 2:15 PM: Autumn Walk (Weather permitting)	Recovery Day Activity <sup>16</sup> 11 AM to 3 PM: Creating ribbons and messages for mental health & addiction recovery 	<sup>17</sup> 10:30 AM: Coffee social: Current events/ flyer day 2:15 PM: Club 90's family feud	Recovery Day Activity <sup>18</sup> 10:30 AM: Virtual information session with CCEA Malin @ Club 90 2:15 PM to 3:15 PM: Distributing Ribbons in Community	<sup>19</sup>
20	<sup>21</sup> <u>Online course &amp; Discussion:</u> 2 PM: The R.A.I.N switch technique (section 3, 4 & 5)	<sup>22</sup> <u>LIVE STREAM VIRTUAL TOUR</u>  1:30 PM The Louvre	<sup>23</sup> 10:30 AM: 10-minute guided imagery meditation 2:15 PM: Creating your own affirmation jar/book	Recovery Day Activity <sup>24</sup> 10:30 AM: Coffee social: Current events/ flyer day 2:15 PM: Emotion Regulations Skills	<sup>25</sup> 10:30 AM: Virtual information session with CCEA Malin @ Club 90 2:15 PM: Education Session: Trauma and the brain (With Kerry)	<sup>26</sup>
27	<sup>28</sup> <u>Online course &amp; Discussion:</u> 2 PM: The R.A.I.N switch technique (section 6)	<sup>29</sup> 10:30 AM Cupcake baking 1:30 PM: Newsletter folding	<sup>30</sup> 10:30: Newsletter folding continued 3:30 PM: September Birthday Celebration 			

# September 2020

## Café Unit

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		Free Lunch @ 12 1 Supper @ 3:30 PM Tex Mex meatballs with Rice	2 Supper @ 3:30 PM Chili 	3 Free Lunch @ 12 Supper @ 3:30 PM Chili Cheese Dogs and Fries 	4 Supper @ 3:30 PM Jess' Taco Pasta Casserole	5
6	7 HAPPY LABOUR DAY Closed 	8 Free Lunch @ 12 Supper @ 3:30 PM Spaghetti 	9 Supper @ 3:30 PM Cheeseburger Soup 	10 Free Lunch @ 12 Supper @ 3:30 PM Stir Fry 	11 Supper @ 3:30 PM Meatball Bombs 	12
13	14 Supper @ 3:30 PM Tuna melts and salad 	15 Free Lunch @ 12 Supper @ 3:30 PM Chicken Ranch Wraps with a side 	16 Supper @ 3:30 PM Shepherd's Pie 	17 Free Lunch @ 12 Supper @ 3:30 PM Pizzaaaaaaa 	18 Supper @ 3:30 PM NATIONAL CHEESEBURGER DAY With fries 	19
20	21 Supper @ 3:30 PM Mushroom Ricotta open faced sandwiches, rice and veggies	22 Free Lunch @ 12 Supper @ 3:30 PM Loaded potato soup 	23 Supper @ 3:30 PM Breakfast for supper 	24 Free Lunch @ 12 Supper @ 3:30 PM Mac & Cheese 	25 Supper @ 3:30 PM Dill salmon with side 	26
27	28 Supper @ 3:30 PM Chicken Parmesan, potatoes and veggies 	29 Free Lunch @ 12:00 Supper @ 3:30 PM Cold Plate 	30 Supper @ 3:30 PM Roasted Red Pepper Soup and biscuits 	Notes: Supper is served at 3:30 p.m. (Call by 1) Lunch is served at 12 p.m. (Call by 11) Supper is \$2.50 a serving, lunch is free		

