
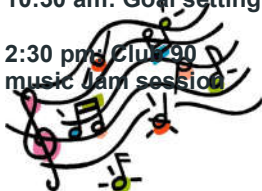




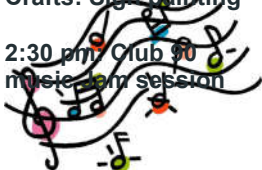

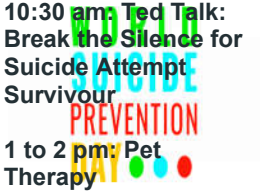


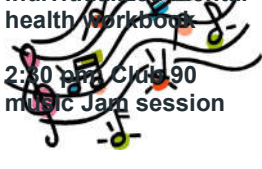

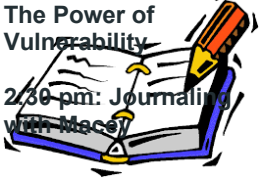
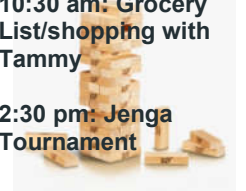

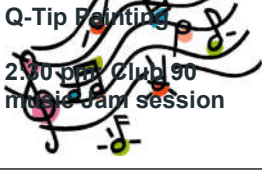
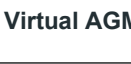





SEPTEMBER ACTIVITY CALENDAR

MON	TUE	WED	THU	FRI
September is Recovery Month		1	2	3
		10:30 am: Goal setting 2:30 pm: Club 90 music jam session 		10:30 am: Stepping Stones newsletter meeting 2:30 pm: Journaling with Macey 
6	7	8	9	10
	10:30 am: Developing affirmations 1:30 pm: Bingo with Chester 	10:30 am: Arts & Crafts: Sign painting 2:30 pm: Club 90 music jam session 	10:30 am: Coffee social 2 pm: iChef prep with Tammy 	10:30 am: Ted Talk: Break the Silence for Suicide Prevention 1 to 2 pm: Pet Therapy 
13	14	15	16	17
10:30 am: Grocery List/shopping with Tammy 2:30 pm: Pool Tournament 	10:30 am: Guided Meditation for Positive Energy 1:30 pm: Bingo with Chester 	10:30 am: Create an individualized mental health workbook 2:30 pm: Club 90 music Jam session 	10:30 am: Coffee social 2 pm: iChef prep with Tammy 	10:30 am: Ted Talk: The Power of Vulnerability 2:30 pm: Journaling with Macey 
20	21	22	23	24
10:30 am: Grocery List/shopping with Tammy 2:30 pm: Jenga Tournament 	10:30 am: Self-love and why we need it 1:30 pm: Bingo with Chester 	10:30 am: Arts & Crafts: Autumn Tree Q-Tip Painting 2:30 pm: Club 90 music Jam session 	10:30 am: TBTN video and presentation 2 pm: iChef prep with Tammy 4:30 pm: Virtual AGM 	10:30 am: Ted Talks: Recovery themed 2:30 pm: Journaling with Macey 
27	28	29	30	
OPEN HOUSE & BBQ for Recovery Month	10:30 am: Stepping Stones Production Day 1:30 pm: Bingo with Chester 	10:30 am: Reflecting on September's goals 2:30 pm: Club 90 music jam session 	10:30 am: Coffee social 2 pm: iChef prep with Tammy 