SEPTEMBER ACTIVITY CALENDAR

MON	TUE	WED	THU	FRI
September is Recovery Month		1	2	3
CELEBRATE RECOVERY BRECOVERY		10:30 am: Goal setting 2:30 proclutego music term session	PAN CAMP	10:30 am: Stepping Stones newsletter meeting 2:00 pm: Journaine With Macon
6	7	8	9	10
Sorry We're CLOSED for Labour Day!	10:30 am: Developing affirmations 1:30 pm: Bingo with Chestoria (Construction)	10:30 am: Arts & Crafts: Sign perioding 2:30 pm Olub 90 misic periodic session	10:30 am: Coffee social 2 pm: iChef prep with Tammy	10:30 ann Ted Talk: Break the Silence for Suicide Attempt Survivour PREVENTION 1 to 2 pmy Pet Therapy
13	14	15	16	17
10:30 am: Grocery List/shopping with Taniny 2:31 pm. Poo Tournamen	10:30 am: Guided Meditation for Positive Energy 1:30 Charles (Charles (Char	10:30 am: Create an individualized montal health very boos 2:00 pm c) die 90 mont c) die 90 mont c) die 90 mont c) die 90 mont c) die 90	10:30 am: Coffee social 2 pm: iChef prep with Tammy	10:30 am: Ted Talk: The Power of Vulnerability 2/30-pm: Journali
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	10:30 am: Arts & Crafts: Antonio Tree Q-Tip Pointing 2.00 pm Club so movie Jan 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 pn Choose and the stepping Choose and the stepping Choose and the stepping	10:30 am: Reflecting on Septembers ooals 2:30 pm Crub to music em session	10:30 am: Coffee social 2 pm: iChef prep with Tammy	

