

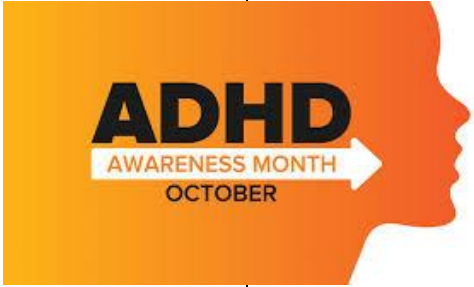







2025



Monday	Tuesday 	Wednesday	Thursday	Friday
<p>If any members want to cook in the month of November, please give their names to Heather by 24th October.</p> <p>Please sign up for the Thanksgiving Dinner by 6th of October and the Halloween Party by 28th October.</p>	1	Supper: Shake and Bake Chicken 	2 Free Lunch Supper: Meat Loaf & Sweet Potatoes 	3 I-CHEF Supper: Crustless Quiche with tatters 
	6	8 	9 Thanksgiving Dinner	10 I-CHEF
Supper: Cold Plate 	7 Free Lunch Supper: Sweat and Sour Meatballs on Rice 	Supper: Soup and Sandwiches 	2 Seatings 1PM & 3PM Please sign up! 	Thanksgiving Leftovers 
13 	14 Free Lunch	15	16 Free Lunch	17 I-CHEF
	Supper: Spaghetti & Ceaser Salad 	Supper: Homemade Baked Beans 	Supper: Chicken Burgers 	Supper: Harvest Stew 
20	21 Free Lunch	22 	23 Free Lunch	24 I-CHEF
Supper: Chili 	Supper: Smothered Pork Chops 	Supper: Cheesy Ham/Broccoli Casserole 	Supper: Club 90's Bowls 	Supper: Tuna Casserole 
27	28 	29	30 Free Lunch	31 I-CHEF
Supper: Sloopy Joes & Taters 	Supper: Chicken & Stuffing Casserole 	Supper: Mushroom Spinach Orzo Pasta Bake 	Supper: Sausage on a Bun 	Halloween party 



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
		<p>What are you thankful for? Come decorate the mirror with Thankful pumpkins</p>	<p>Presentation by Counselling Centre of East Algoma on Boundaries at 1:30pm</p>	<p>Bingo at 2pm</p> 
06 MENTAL	07 ILLNESS	08 AWARENESS	09 WEEK	10
<p>Meditation 10am and 2pm</p> <p>30 min workout with Heather 2:30pm</p>	<p>Decorate the Club for Thanksgiving Dinner</p>	<p>Yahtee Day</p> <p>See how many Yahtee's you can get in a day Surprise for the winner</p>	<p>Thanksgiving Dinner!! 1pm and 3pm please sign up</p> 	<p>WORLD MENTAL HEALTH DAY!</p> <p>Ryan from Counselling Centre will be here At 1:00pm Wear GREEN</p>
13	14	15	16	17
<p>Happy Thanksgiving See you Tomorrow!</p> 	<p>Sign up before October 10th Starts at 1:30pm</p> 	<p>Come and Decorate the club for Halloween</p> <p>Learn some coping skill for ADHD at 1pm</p>	<p>Chantal from ODSP</p> <p>Presentation by Counselling Centre of East Algoma on Healthy Communication at 1:30pm</p>	<p>Bingo at 2pm</p> 
20	21	22	23	24
<p>Meditation 10am and 2pm</p> <p>30 min workout with Heather 2:30pm</p>	<p>Make spooky Decals for the front windows at 1pm</p>	<p>Lip Sync Battle Show @ 12pm</p> <p>Sign up and get ready performance</p>	<p>Yahtee Day</p> <p>See how many Yahtee's you can get in a day Surprise for the winner</p>	<p>Bingo at 2pm</p> 
27	28	29	30	31
<p>Meditation 10am and 2pm</p> <p>30 min workout with Heather 2:30pm</p>	<p>Halloween Movie Day starts at 11am</p> <p>Come in your Jammies</p> <p>Popcorn provided</p>	<p>Magic The Gathering 12-3pm</p> 	<p>Presentation by Counselling Centre of East Algoma on 6 Doctors of Health & Well Being at 1:30pm</p>	<p>HALLOWEEN PARTY 12-3pm</p> 