

# August

# 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 BBQ 12-3pm Have fun with your Club 90 Friends 
04	05	06	07	08
 CIVIC HOLIDAY SEE YOU ALL TOMORROW	Meditation 10am and 2pm	MAGIC CARDS 12-3pm 	Junk Journaling and scrapbooking with Renee  Round Table 2pm	BBQ 12-3pm Have fun with your Club 90 Friends 
11	12	13	14	15
Meditation 10am and 2pm  30 min workout with Heather 2:30pm	Keychain and bracelet making with Renee  Meditation 10am and 2pm	BEACH DAY!  Karis Disability Services hosting a FREE BBQ at Spine Beach 11-2pm	Chantal from ODSP will be here all day  Presentation by Counselling Centre of East Algoma on Self Love at 1pm	BBQ 12-3pm Have fun with your Club 90 Friends 
18	19	20	21	22
Meditation 10am and 2pm  30 min workout with Heather 2:30pm	Spruce Beach 11:00 – 3:30pm Lunch and snacks provided 	Crafts painting clay pots @11am  MAGIC CARDS 12-3pm 	Junk Journaling and scrapbooking with Renee  Round Table 2pm	BBQ 12-3pm Have fun with your Club 90 Friends 
25	26	27	28	29
Meditation 10am and 2pm  30 min workout with Heather 2:30pm	Paint Social at 1pm  Come and learn to paint with Heather, please sign up!!	CAMP THOMPSON 9:30am – 3:45pm 	Presentation by Counselling Centre of East Algoma on Eating on a Budget at 1pm	BBQ 12-3pm Have fun with your Club 90 Friends 



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>If any member wants to cook in the month of September, please give their names to Ajay by 22<sup>nd</sup> August.</b></p> <p><b>We are going to Camp Thompson again on the 27<sup>th</sup> of August, so make sure to sign up before the 25<sup>th</sup> of August.</b></p>				<b>1 I- CHEF</b> BBQ 12-3pm Have fun with you! Club 90 Friends 
4	5 Free Lunch	6	7 Free Lunch	8 I- CHEF
	<b>Supper:</b> Loaded Mashed Potato Meatloaf Casserole 	<b>Supper:</b> Chicken Ceaser Wrap 	<b>Supper:</b> Ramen Noodle Salad  Learn how to make Bread with Maggie at 10	BBQ 12-3pm Have fun with you! Club 90 Friends 
11	12 Free Lunch	13	14 Free Lunch	15 I- CHEF
<b>Supper:</b> Pizza 	<b>Supper:</b> Crockpot Creamy Potato and Hamburger Soup 	<b>Karis Ability</b> <b>FREE BBQ at Spine</b> <b>Beach 11-2pm. Sign</b> <b>up to join us</b>	<b>Supper:</b> Cold plate 	BBQ 12-3pm Have fun with you! Club 90 Friends 
18	19 Free Lunch	20	21 Free Lunch	22 I-CHEF
<b>Supper:</b> Salisbury Steak 		<b>Supper:</b> Tuna Casserole 	<b>Supper:</b> Cannellini Pasta 	BBQ 12-3pm Have fun with you! Club 90 Friends 
25	26	27	28	29 I-CHEF
<b>Supper:</b> Pizza 	<b>Supper:</b> Fish and Chips 	<b>Camp Thompson FUN!</b> 	<b>Supper:</b> Stir Fry on a Budget 	BBQ 12-3pm Have fun with you! Club 90 Friends 