



	Journaling with Heather @ 11am		Coffee Social 12:30pm	BBQ 12-3pm 
10	11	12	13	14
Bingo at 1:30pm	Coffee Social at 1pm Open discussion about positive affirmations	Karis Disability BBQ Fun Day Spine Beach 11am-2pm Club 90 will be there Come join us!	Presentation from OPP officer Phil Young about the Scooter rules and regulations at 12:30pm	BBQ 12-3pm 
17	18	19	20	21
Bingo at 1:30pm 	Journaling with Heather @ 11am 	ODSP and OW at the office till 3pm  ODSP 	CAMP THOMPSON 9:30AM ARRIVE AT CLUB BACK AT 3:45PM \$7 Per person Birthday Party Theme	BBQ 12-3pm 
24	25	26	27	28
 Bingo at 1:30pm 	Lunch and Learn on Scams with Jessica from The Counselling Centre at 12pm	Low Income Budgeting and meal planning @ 12pm 	Lunch and Learn Building Healthy Connections Through Communication by Shari from CCEA	BBQ 12-3pm 
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International Overdose Awareness Day Memorial wall At Club 90 Ryan from CCEA @ 12:30 for support with addictions				



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
See You tomorrow 	Supper: Taco Bar 	Supper: Spaghetti 	Supper: Pizza 	I- CHEF BBQ 12-3pm Have fun with you Club 90 Friends 
10	11 Free Lunch	12	13 Free Lunch	14 I- CHEF
Supper: Chicken Quesadilla 	Supper: Cold Plate 	Join us at Spine Beach with our friends from Karis Disability for a Beach Day.	Supper: Chicken Ceaser Wraps 	BBQ 12-3pm Have fun with you Club 90 Friends 
17	18 Free Lunch	19	20 Free Lunch	21 I- CHEF
Supper: Spuds 	Supper: Fish and Chips 	Supper: Chicken Burgers 	Camp Thompson Day 	BBQ 12-3pm Have fun with you Club 90 Friends 
24	25 Free Lunch	26	27 Free Lunch	28 I-CHEF
Supper: Club 90 Bowls 	Supper: Lasagna 	Supper: Tuna Casserole 	Supper: Sloopy Joes 	BBQ 12-3pm Have fun with you Club 90 Friends 
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Supper: Meat Balls with Egg Noodles 	If any member wants to cook anything in the month of September, please give their recipes to Ajay by 21st August. We will be going to Camp Thompson on the 20th of August; make sure you sign up before the 7th of August.			