













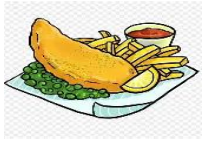













2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Free Lunch	2	3 Free Lunch	4 I- CHEF
If any members want to cook in the month of July, they can give their recipe to Ajay by July 18 th .		Supper: Goulash 	Supper: Cold Plate 	BBQ 12-3pm Have fun with you! Club 90 Friends 
7	8 Free Lunch	9	10 Free Lunch	11 I- CHEF
Supper: Meat loaf 	Supper: Homemade Soup 	Camp Thompson FUN! 	Supper: Stuffed Peppers 	BBQ 12-3pm Have fun with you! Club 90 Friends 
14	15 Free Lunch	16	17 Free Lunch	18 I- CHEF
Supper: Mac And Cheese 		Supper: Chicken Biryani 	Supper: Poutine 	BBQ 12-3pm Have fun with you! Club 90 Friends 
21	22 Free Lunch	23	24 Free Lunch	25 I-CHEF
Supper: Fish and chips 		Supper: KFC Bowls 	Supper: Spaghetti 	BBQ 12-3pm Have fun with you! Club 90 Friends 
28	29	30	31	
Supper: Haystack 		Supper: Pizza Day 	Supper: Chicken Orzo Casserole 	



MONDAY	TUESDAY 01	WEDNESDAY 02	THURSDAY 03	FRIDAY 04
	SEE YOU ALL TOMORROW 	Jam Session with Tyrina at noon Bring your favorite instruments and dancing shoes	Junk Journaling at 11am Scrapbooking with Ivan @ 12-2pm Bring your pictures. Round Table 2pm	BBQ 12-3pm Have fun with your Club 90 Friends 
07	08	09	10	11
Bean Bag Baseball with Sherry @ 1pm 	Henna Tattoo with Ajay at 2pm 	CLUB 90 CAMP THOMPSON FUN DAY #1 ! Have you reserved your spot? 	Junk Journaling at 11am Scrapbooking with Ivan @ 12-2pm Bring your pictures. Round Table 2pm	BBQ 12-3pm Have fun with your Club 90 Friends 
14	15	16	17	18
Bean Bag Baseball with Sherry @ 1pm 	Spine Beach 11:00 – 3:30pm Lunch and snacks provided 	Jam Session with Tyrina at noon Bring your favorite instruments and dancing shoes	Chantal from ODSP will be here all day to help with any questions 	 12-3pm Have fun with your Club 90 Friends
21	22	23	24	25
Ice Cream Bar Make your own ice cream @ 2pm 	Spine Beach 11:00 – 3:30pm Lunch and snacks 	Jam Session with Tyrina at noon Bring your favorite instruments and dancing shoes	International Self-Care Day! Learn the 7 pillars of Self Care and download Health Storyline app	 12-3pm Have fun with your Club 90 Friends
28	29	30	31	
Bean Bag Baseball With Sherry @ 1pm 	Spine Beach 11:00 – 3:30pm Lunch and snacks provided 	Jam Session with Tyrina at noon Bring your favorite instruments and dancing shoes	JunkJournaling @11am Scrapbooking with Ivan @ 12-2pm Bring your pictures. Round Table 2pp	