



Monday	Tuesday	Wednesday	Thursday	Friday
If any member wants to cook in the month of August, please give their recipes to Ajay by 24th July. If any member is interested in going to Camp Thompson in July, please sign up before 15th July.		1	2 Free Lunch	3 I- CHEF
			Supper: Chicken Burgers 	Supper: BBQ  WEATHER PERMITTING
6	7 Free Lunch	8	9 Free Lunch	10 I- CHEF
Supper: Cold Plate 	Supper: Teriyaki Chicken Bowl 	Supper: Pork Chops 	Supper: Quiche 	Supper: BBQ  WEATHER PERMITTING
13	14 Free Lunch	15	16 Free Lunch	17 I- CHEF
Supper: Pizza 	Supper: Beef Taco Salad 	Supper: Chicken Ceaser Wraps 	Supper: Spaghetti 	Supper:  WEATHER PERMITTING
20	21 Free Lunch	22	23 Free Lunch	24 I-CHEF
Supper: Stir Fry 	Supper: Mexican Beef Rice Casserole 	Camp Thompson 	Supper: 	Supper:  WEATHER PERMITTING
27	28 Free Lunch	29	30 Free Lunch	31
Supper: Lasagna 	Supper: Club 90 Bowls 	Supper: Sushi 	Supper: Shake and Bake Chicken 	Supper:  WEATHER PERMITTING

JULY

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 SEE YOU TOMORROW 	02 Card Games 	03 BBQ 12-3pm 
06	07	08	09	10
Bingo at 1:30pm 	Paint clay pots at 1pm 	Shop the Flyers to eat on a budget @1pm Magic @ 12-3pm 	Shari from CCEA lunch and learn on Building Healthy Connections @ 12:30pm	BBQ 12-3pm 
13	14	15	16	17
Bingo at 1:30pm 	Ryan from CCEA lunch and learn on Connections to cope with Recovery @12pm	Shop the Flyers to eat on a budget @1pm Magic @ 12-3pm 	Card Games 	BBQ 12-3pm 
20	21	22	23	24
Bingo at 1:30pm 	Summer décor at 1pm 	CAMP THOMPSON 9:30AM ARRIVE AT CLUB BACK AT 3:45PM \$7 Per person Canadian theme	Jess from CCEA lunch and learn on Digital Violence @ 12:30pm	BBQ 12-3pm 
27	28		30	31
Bingo at 1:30pm 	Summer Décor at 1pm 	Shop the Flyers to eat on a budget @1pm Magic @ 12-3pm 	Suncatchers at 1pm 	BBQ 12-3pm 