

# June 2023 Club 90

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
				<b>Rock painting for our garden at 2 pm</b> 
5	6	7	8	9
<b>Game Day</b> Challenge the Mental Health Workers with a game of your choice! All day	<b>Pride Collage</b> with our hand prints. At 1 pm 	<b>ODSP</b> 1pm-2:30pm Questions and Answers 		<b>BBQ</b> <b>12pm-2pm</b> <b>Sidewalk Fun Day</b> 
12	13	14	15	16
<b>PTSD</b> Presentation with Melanie Increasing your self-awareness! Starts at 1pm 	<b>Planting our Club 90 Garden @ 1 pm</b> 	<b>Pride Mural.</b> Hand prints with Pride colors. 1 pm 		<b>Why boundaries can support Mental Health with Melanie at 1pm</b>
19	20	21	22	23
<b>HANDPRINT LILIES</b> 	<b>Game Day</b> 	<b>Learn coping skills with Melanie @ 1 pm</b> 		<b>Movie Day at Club 90</b> 
26	27	28	29	30
<b>Therapeutic benefits of having a fish</b> Come in and make your own fish bowl with a free fish. At 1pm	<b>Chantel MacEachern &amp; Doug Elliot</b> History of Pride 1:30 pm	<b>Spring Cleaning at Club 90</b> 		<b>CRAFT DAY AT CLUB 90</b> 

**Reminder:** Please call in to sign up for activities and Dinners 705-848-2879

**Sunday June 4<sup>th</sup> from 2pm-4pm:** The Summer in the Park Concert. Located at Westview Park, or Collins Hall if inclement weather.

**June 18<sup>th</sup>, 2023:** Father's Day

**July 3<sup>rd</sup>, 2023:** Paused for Canada Day

# June 2023 Club 90 Meals

Monday	Tuesday	Wednesday	Thursday 1	Friday 2
<b>Tid Bit Corner</b> <ul style="list-style-type: none"> <li>❖ Any members willing to come and show their cooking skills or learn new cooking skills are welcome to contact Club 90.</li> <li>❖ Club 90 welcomes any ideas you might have for daily meals, just come on in or give us a shout about your ideas!</li> </ul>			<b>Supper:</b> BBQ Chicken Salad 	<b>Supper:</b> BBQ 12pm-2pm 
<b>5</b>	<b>6 Surprise Lunch</b>	<b>7</b>	<b>8 Surprise Lunch</b>	<b>9</b>
<b>Supper:</b> Nacho's 	<b>Supper:</b> Veggie Stir-Fry with noodles 	<b>Supper:</b> French Dip Sliders & Salad 	<b>Supper:</b> Cold Plate 	<b>Supper:</b> BBQ 12pm-3pm <b>Sidewalk Fun Day</b> 
<b>12</b>	<b>13 Surprise Lunch</b>	<b>14</b>	<b>15 Surprise Lunch</b>	<b>16</b>
<b>Supper:</b> Fish and Chips 	<b>Supper:</b> Crispy Chicken Ranch Wrap with Fries 	<b>Supper:</b> Taco Salad 	<b>Supper:</b> Grilled Chicken Thighs & Strawberry Walnut Salad 	<b>Supper:</b> BBQ 12pm-2pm 
<b>19</b>	<b>20 Surprise Lunch</b>	<b>21</b>	<b>22 Surprise Lunch</b>	<b>23</b>
<b>Supper:</b> Chicken Salad on Croissant 	<b>Supper:</b> Stuffed Peppers 	<b>Supper:</b> Hawaiian Chicken Skewers on Rice 	<b>Supper:</b> Spaghetti 	<b>Supper:</b> BBQ 12pm-2pm 
<b>26</b>	<b>27 Surprise Lunch</b>	<b>28</b>	<b>29 Surprise Lunch</b>	<b>30</b>
<b>Supper:</b> Cold Plate 	<b>Supper:</b> Sweet and Sour Meatballs on Rice 	<b>Supper:</b> Chicken Drums with Watermelon Salad. 	<b>Supper:</b> Bowtie Pasta Lasagna 	<b>Supper:</b> BBQ 12pm-2pm 