

Mental Health Week

A Call to Be Kind

JOIN us at Club 90!



Monday May 6th/2024



Tuesday May 7th/2024



EVENTS			EVENTS		
10am	Clean up and Beautify our flower bed.	Plant seeds for Mental Health		Painting Rocks for our front garden!	Colours of Joy!
11am	Be kind to the environment.	Pitch in to cleaning up Paris Drive.	10am	Come in and design your own "slap" bracelet.	Decorate a gift for someone!
1pm	Be part of a Chain of Kindness!	What is kindness to you!	1pm	Goofy Karaoke	The best singing moments of your life start here!
3:30pm	Spagetti Dinner for all our amazing helpers!	With Ceaser Salad and Garlic Bread Please Call!	3pm	Build your own pizza Please sign up!	This is your time to be creative



Wednesday May 8th/2024

Thursday May 9th/2024

EVENTS			EVENTS		
10am	Bingo and Board Games	Make a Day of it! Games bring people together!			
11am	Treat yourself with Breakfast at Club 90 Reserve your spot 705-848-2879	Come in and enjoy scrambled eggs, waffles and breakfast sausage.	11am	Kind-tivity with Terri	Brain teasers to inspire kindness.
12:00	Game Console Day	Virtual games like bowling, darts, Mario and car racing	12-3:30 pm	Fundraising BBQ Open House	Homemade Bake Sale and BBQ
1pm	Try Homemade Ice-Cream made right here at Club 90!	Choose your own toppings!	12pm	Information Tables with community partners!	Meet some kind people!
2:00	Games continue	FUN FUN FUN	1pm	Music by Scott Horrocks	



Friday May 10th/2024

EVENTS		
11am	Kind-tivity with Terri	Brain teasers to inspire kindness.
1pm	Tournaments: Bean Bag Toss Pool And Popcorn	Get ready! You got this! Let's flavor it up!
3:30	Chicken Clubhouse Sandwiches with Mac and Potato Salad	Please sign up!

Celebrating Mental Health Week together!

705-848-2879



10 Paris Drive, Elliot Lake – 705.848.2879



May 2024 Club 90 Meals



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Free Lunch	3
<p>Tidbits: Mental Health Week (A call to be kind) is happening May 6-May 10! Call Club 90 to sign up for Activities, and Meals! 705-848-2879 "In a world where you can be anything, be kind"</p>		<p>Supper: Pulled Pork w/ Coleslaw</p> 	<p>Supper: Caesar Wrap w/ Chips</p> 	<p>Supper: Tortellini Pasta</p> 
Mental Health Week May 6th – May 10th Activities all week!				
<p>Clean-up Day! Spaghetti Dinner w/ Salad & Garlic Bread</p>	<p>Free Lunch Build Your Own Pizza starting @ 3pm Call in or come in to sign up</p>	<p>Breakfast @ 11am Call or come in to sign up! Supper: Fish and Chips</p>	<p>Fundraising BBQ/Bake Sale 12-3pm</p> 	<p>Join us for fun activities! Chicken Clubhouse w/ Mac & Potato Salad</p>
13	14 Free Lunch	15	16 Free Lunch	17
<p>Supper: Cold Plate</p> 	<p>Supper: Beef & Broccoli w/ Rice</p> 	<p>Supper: Grilled Cheese w/ Soup</p> 	<p>Supper: Chicken Burgers w/ Mac Salad</p> 	<p>Supper: Homemade Creamy Cheeseburger Soup w/ Sandwich</p> 
20	21 Free Lunch	22	23 Free Lunch	24
<p>See you tomorrow!</p> 	<p>Supper: Kabob's w/ Walnut Cranberry Salad</p> 	<p>Supper: Stuffed Peppers w/ Mashed</p> 	<p>Supper: Honey Garlic Meatballs w/ Rice</p> 	<p>Supper: Homemade cream of mushroom soup w/ Sandwich</p> 
27	28 Free Lunch	29	30 Free Lunch	31
<p>Supper: Sausage Veg Potato Bake</p> 	<p>Supper: Taco's</p> 	<p>Supper: BLT Wrap w/ Potato Salad</p> 	<p>Supper: Quesadilla w/ Salad</p> 	<p>Supper: Cold Plate</p> 