





















MONDAY	TUESDAY	WEDNESDAY	THURSDAY 01	FRIDAY 02
MENTAL HEALTH WEEK  UNMASKING MENTAL HEALTH			Seniors Expo Collin's Hall 10am - 4pm FREE ADMISSION Come check it out	BINGO @ 2pm 
05	06	07	08	09
<p style="text-align: center;">Mental Health Week May 5th to 11th Unmasking Mental Health</p> <p style="text-align: center;">See attached program in Stepping Stones or website</p> 				
12	13	14	15	16
Self Portraits of how we see ourselves! Painting on Canvas Starts 1pm 	Come make crafts to decorate the Club for Spring 	30 min workout with Heather 2pm 	 Junk Journaling at 11am Round table social at 2pm	BBQ 12-3pm Have fun with your Club 90 Friends 
19	20	21	22	23
SEE YOU TUESDAY Happy May 2-4 weekend 	Clean up and flower planting outside in the flower bed @1pm 	30 min workout with Heather 2pm 	 Junk Journaling at 11am Round table social at 2pm	BBQ 12-3pm Have fun with your Club 90 Friends 
26	27	28	29	30
Spa Day face mask and manicure starting at 1pm with Cindy & Heather 	Charades 1pm 	30 min workout with Heather 2pm 	 Junk Journaling at 11am Round table social at 2pm	BBQ 12-3pm Have fun with your Club 90 Friends 



Monday	Tuesday Free Lunch	Wednesday	Thursday Free Lunch	Friday I- CHEF
Please see the flyer to get the different activities happening at the club during Mental Health Week. If any member wants to cook in the month of June, please talk to Ajay by 23 rd May. ☺			1 Supper: Sloopy Joe's 	2 Supper: Butter Chicken 
5 Mental	6 Health	7 Week	8 Free Lunch	9 I- CHEF
Free Brunch Cold Plate 	Supper: Community BBQ 	Supper: Community Lunch 	Supper: Tortellini Pasta with Strawberry feta cheese salad 	Supper: Chicken Burgers with Ceaser salad 
12	13 Free Lunch	14	15 Free Lunch	16 I- CHEF
Supper: Pizza Day 	Supper: Shepherd's pie 	Supper: Stir Fry 	Supper: Tater tots Tacos 	Supper: BBQ  WEATHER PERMITTING
19	20 Free Lunch	21	22 Free Lunch	23 I-CHEF
Supper: 	Supper: Chicken Ceaser Wrap 	Supper: Goulash 	Supper: Pulled pork sandwiches. 	Supper: BBQ  WEATHER PERMITTING
26	27	28	29	30
Supper: Cold plate 	Supper: Western sandwiches 	Supper: Pizza Day 	Supper: Taco Salad 	Supper: BBQ  WEATHER PERMITTING