






Monday	Tuesday	Wednesday	Thursday	Friday 01
<ul style="list-style-type: none"> <li><b>Men of song</b> coming on September 22/2023 @ 1pm. Call to sign up and hear the beautiful vocals being sung.</li> <li><b>Ted Talks-on Recovery</b> this month please call or come in and sign up, Let's Educate ourselves!</li> <li><b>Annual General Meeting</b> on Sept 26<sup>th</sup>, 2023, <b>all welcome!</b></li> <li>Please <b>sign up for Thanks Giving Dinner</b> by Sept 25<sup>th</sup>, 2023!</li> </ul>				<b>Movie Day at Club 90.</b> <b>Starts at 1:30 pm</b> 
04	05	06	07	08
 <b>LABOUR DAY</b> <b>See you Tomorrow</b>	<b>TED TALK @ 1 pm</b> <b>Topic: Recovery</b> 	Clay Sculptures @ 1:30 		<b>Bingo at 1:30 pm</b> 
11	12	13	14	15
Presentation on Recovery by Lisa Lanktree from The Oaks Detox Centre @ 1 pm Please call or come in to sign up.	<b>Presentation on services for Out Patients</b> by Dr. Brian Dressler from The Oaks Out Patient Clinic @ 1 pm Sign up please.	<b>PJ's &amp; Movie Day Allday!</b> 		Crocheting 101 with Mel @ 1:30 pm 
18	19	20	21	22
<b>TED TALK MONDAY @ 1pm</b> Topic: Recovery 	<b>Make your own hanging door sign!</b> <b>All Afternoon</b>	<b>Card Making with Leslye @ 1:30 pm</b> Send a loved one a card to let them know you're thinking about them		<b>Men of Song 1 pm</b> <b>Pending</b> 
25	26	27	28	29
<b>TED TALK MONDAY @ 1pm</b> Topic: Recovery 	<b>Annual General Meeting</b> <b>Everyone Welcome!</b>	<b>National Scarf Day.</b> <b>Wear your favorite scarf to Club 90</b>		<b>Orange Shirt Day. Come out and show your support!</b>

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

September is **NATIONAL RECOVERY MONTH**. Each week we will present a Ted Talk that covers this topic, and we will have Speakers from The Oaks to further educate us about Addiction and Recovery.

# SEPTEMBER

## SEPTEMBER 2023 CLUB 90 MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please Don't forget to sign up for Thanksgiving Dinner by September 25<sup>th</sup> Please call 705-848-2879 or sign up at Club 90!</p>				<b>1</b> <b>Supper:</b> Hamburgers and Fries 
<b>4</b>	<b>5 Free Lunch</b>	<b>6</b>	<b>7 Free Lunch</b>	<b>8</b>
<b>Enjoy Labour Day Long Weeked !! See you, Tomorrow!</b>	<b>Supper:</b> Creamy Corn Pasta 	<b>Supper:</b> Hawaiian BBQ Chicken Wraps 	<b>Supper:</b> Sarah's Quiche Tarts 	<b>Supper:</b> Sausage and Egg Muffins with Taters 
<b>11</b>	<b>12 Free Lunch</b>	<b>13</b>	<b>14 Free Lunch</b>	<b>15</b>
<b>Supper:</b> Recovery Presentation @ 1pm and Brunch @ 2pm	<b>Supper:</b> Meatball Pot Roast 	<b>Supper:</b> Sarah's Potato Skins and Caesar Salad 	<b>Supper:</b> Shredded BBQ Chicken Sandwich 	<b>Supper:</b> Potato Pancakes with side. 
<b>18</b>	<b>19 Free Lunch</b>	<b>20</b>	<b>21 Free Lunch</b>	<b>22</b>
<b>Supper:</b> John and Sarah's Spaghetti 	<b>Supper:</b> Sarah's Chili Cheese Dogs 	<b>Supper:</b> Summer Harvest Cheddar Quesadillas 	<b>Supper:</b> Lemon Chicken and Rice 	<b>Supper:</b> Sloppy Joe French Bread with Salad. 
<b>25</b>	<b>26</b>	<b>27</b>	<b>28 Free Lunch</b>	<b>29</b>
<b>Supper:</b> Sherry's Sheppard's Pie 	<b>Annual General Meeting</b>	<b>Supper:</b> Sarah's Penne Chicken Pasta 	<b>Supper:</b> Ham/Egg and Cheese Wraps 	<b>Supper:</b> Sarah's Turkey Meatloaf 