

# SEPTEMBER

# 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01  <b>SEE YOU TOMORROW</b>	02  Recovery Month Ribbon making to Display at the Club	03  My Recovery Guide Activity	04  September Positive Journaling	05  BBQ 12-3pm Have fun with your Club 90 Friends 
08  Meditation 10am and 2pm  30 min workout with Heather 2:30pm	09  Daily Affirmations Wood Plank making 1pm 	10  World Suicide Prevention Day!  Presentation by Counselling Centre of East Algoma at 1:30pm	11  Presentation by Counselling Centre of East Algoma on Budgeting at 1pm	12  BBQ 12-3pm Have fun with your Club 90 Friends 
15  Meditation 10am and 2pm  30 min workout with Heather 2:30pm	16  Recovery Celebration Breakfast 11am  Presentation by the OAKS	17  Camp Thompson With our friends from Karis Survivor Style! 	18  Zoom Meeting with James about Recovery at 1pm	19  BBQ 12-3pm Have fun with your Club 90 Friends 
22  Meditation 10am and 2pm  30 min workout with Heather 2:30pm	23  Recovery Celebration Breakfast 11am  Presentation by the OAKS	24  Crafts painting clay pots @11am  MAGIC CARDS 12-3pm 	25  Presentation by Counselling Centre of East Algoma on Boundaries at 1pm	26  BBQ 12-3pm Have fun with your Club 90 Friends 
29  Meditation 10am and 2pm  30 min workout with Heather 2:30pm	30  Chantal from ODSP will be here all day! 			



# SEPTEMBER



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5 I- CHEF
See You tomorrow 	Supper: Shake and Bake Chicken 	Supper: Cold Plate 	Supper: Homemade Tomato Soup with Garlic Bread 	BBQ 12-3pm Have fun with you! Club 90 Friends 
8	9 Free Lunch	10	11 Free Lunch	12 I- CHEF
Supper: Pork Chops 	Supper: Chicken Orzo Casserole 	Supper: Chili 	Supper: Swedish meatballs with Egg Noodles 	BBQ 12-3pm Have fun with you! Club 90 Friends 
15	16 Free Lunch	17	18 Free Lunch	19 I- CHEF
Supper: Pizza 	Supper: Stir Fry 	Camp Thompson FUN! 	Supper: Pineapple Chicken 	BBQ 12-3pm Have fun with you! Club 90 Friends 
22	23 Free Lunch	24	25 Free Lunch	26 I-CHEF
Supper: Beef Burrito 	Supper: Chicken Fajitas 	Supper: Hamburger Macaroni Casserole 	Supper: Club sandwiches 	BBQ 12-3pm Have fun with you! Club 90 Friends 
29	30			
Supper: Pizza 	Supper: Fish and Chips 	<p>If any member wants to cook in the month of <b>October</b>, please give their names to Heather by <b>19<sup>th</sup> September</b>.</p> <p><b>Thanksgiving Dinner</b> is on <b>October 9<sup>th</sup></b>, 2025. So, please sign up before <b>6<sup>th</sup> October</b>.</p> <p>Please sign up before <b>September 12<sup>th</sup></b> for <b>Camp Thompson Trip</b>.</p>		