



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Free Lunch	2	3 Free Lunch	4 I- CHEF
	Supper: Homemade Tomato Soup 	Supper: Chicken Fajitas 		BBQ 12-3pm Have fun with you Club 90 Friends 
7	8 Free Lunch	9	10 Free Lunch	11 I- CHEF
	Supper: Chicken Ceaser Wrap 	Supper: Pizza 	Supper: Fried Rice with Egg Rolls 	BBQ 12-3pm Have fun with you Club 90 Friends 
14	15 Free Lunch	16	17 Free Lunch	18 I- CHEF
Supper: Chili 	Supper: Shake and Bake Chicken 	Camp Thompson Day 	Supper: Breakfast Burrito 	BBQ 12-3pm Have fun with you Club 90 Friends 
21	22 Free Lunch	23	24 Free Lunch	25 I-CHEF
Supper: Taco Salad 	Supper: Chicken Alfredo 	Supper: Cold Plate 	Supper: Lasagna 	BBQ 12-3pm Have fun with you Club 90 Friends 
28	29	30		
Supper: Chicken Biryani 	Supper: Spaghetti 	Supper: Southwestern Salad 	We will be going to Camp Thompson on the 16 th of September, please sign up before 11 th of September. If any member wants to cook in the month of October, please provide their recipes to Ajay by 18 th of September.	

SEPTEMBER

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03	04
	Mental Health Bullet Journaling 11am & 2:30pm	Wellness Recovery Plan stage 1 with Heather at 11am and 2:30pm 		Games Day 1pm to 3pm 
07	08	09	10	11
	Lunch and Learn Open discussion on addictions and recovery skills with Ryan from The Counselling Centre at 12pm	Wellness Recovery Plan stage 2 with Heather at 11am and 2:30pm 	World Suicide Prevention Day! Join Heather & Ajay Round Table Coffee Social at 2:30pm	Games Day 1pm to 3pm 
14	15	16	17	18
Ted Talk at 11am Bingo at 2:30pm 	Mental Health Bullet Journaling 11am & 2:30pm	CAMP THOMPSON SURVIVOR WITH KARIS	Lunch and Learn at 12pm on Self Love by Shari from CCEA	Games Day 1pm to 3pm 
21	22	23	24	25
Ted Talks at 11am Bingo at 2:30pm 	Zoom discussion with James on Addictions and his life story at 2:30pm	ODSP and OW at the office till 3pm  ODSP	Round Table Coffee Social at 2:30pm	Games Day 1pm to 3pm 
28	29	30		
Ted Talks at 11am Bingo at 2:30pm 	Mental Health Bullet Journaling 11am & 2:30pm	Wellness Recovery Plan stage 3 with Heather at 11am and 2:30pm 		