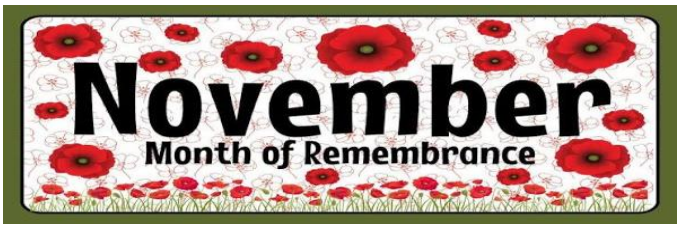






Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6 I- CHEF
Supper: Mexican Casserole 	Supper: Ham & Cheese Croissants 	Supper: Pizza 	Supper: Chicken Ceaser Wrap 	Supper: Homemade Soup/Grill Cheese 
9	10 Free Lunch	11	12 Free Lunch	13 I- CHEF
Supper: Shephard's Pie 	Supper: Sweet and Sour Meatballs 	Supper: Chicken Chow Mein 	Supper: Beef Taco Salad 	Supper: Chicken Orzo Casserole 
16	17 Free Lunch	18	19 Free Lunch	20 I- CHEF
Supper: Cabbage Roll Soup 	Supper: Chicken Burgers 	Lunch: Walking Tacos 	Supper: Tuna Casserole 	Supper: Club 90's Bowls 
23	24 Free Lunch	25	26 Free Lunch	27 I-CHEF
Supper: Goulash 	Supper: Stir Fry 	Supper: Chicken Biryani 	Supper: Meat loaf 	Supper: Alfredo Pasta 
30				
Supper: Lasagna Soup 	If any member wants to cook in the month of December, please give their names to Heather by 18th November. With the Christmas season coming up, I'd like to ask if any members would be interested in baking for Christmas. If you would like to participate, please give your name to Heather. Thank you, and happy baking!			



Bingo at 2:30pm 	Mental Heatlh Bullet Journaling 11am & 2:30pm	Poppy making for fallen soldiers at 11am	TED TALK at 12pm Round Table Coffee Social at 2:30pm	Games Day 1pm to 3pm 
09	10	11	12	13
Bingo at 2:30pm 	Mental Heatlh Bullet Journaling 11am Split coloring pages at 2:30pm	 Special Guest Dean who served for 18 years at 12pm	Create a vision Board at 12:30pm 	World Kindness Day Create a kindness jar and leave a note of gratitude, appreication and we open at 3pm before supper
16	17	18	19	20
Bingo at 2:30pm 	Presentation on Recovery support groups by CCEA Ryan at 12:30pm	Walking Tacos Lunch @12pm with the clients from The Oaks Centre & Guest James on Recovery at 1pm Please Sign Up!	TED TALK at 12pm Round Table Coffee Social at 2:30pm	Games Day 1pm to 3pm 
23	24	25	26	27
Bingo at 2:30pm 	Presentation on Men's Health by CCEA at 12:30pm	International Day of Elimination of Violence Against Women	Round Table Coffee Social at 2:30pm	Games Day 1pm to 3pm 
30				
Bingo at 2:30pm 				