

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Wellness with Sherry Yoga with Diane	2
5 CLOSED	6 Special Events Team Meeting	7 Matthew's Rap Class Social Rec: Skip Bo Tournament	8 Wellness with Sherry Peer Directors Meeting Yoga with Diane	9
12 Newsletter Meeting (Editors)	13 Creative Time with Sherry	14 BBQ Block Party	15 Wellness with Sherry Yoga with Diane	16
19 Newsletter Meeting (Editors)	20	21 Matthew's Rap Class Social Rec: Bingo	22 Wellness with Sherry Yoga with Diane	23
26 Newsletter Meeting (Editors)	27 Creative Time with Sherry	28 Social Rec: Karaoke	29 Wellness with Sherry Yoga with Diane	30

September 2022

SEPTEMBER 1

Wellness with Sherry	Central Hall Zoom Meeting ID: 882 0223 2923 Passcode: u5DL1X	11:00 AM
Yoga	Studio (In Person Only)	1:30 PM

SEPTEMBER 2 **LOCATION** **TIME**

SEPTEMBER 5 **LOCATION** **TIME**

CLOSED - LABOUR DAY

SEPTEMBER 6 **LOCATION** **TIME**

Special Events/ Social Rec Team Meeting	Central Hall	11:00 AM
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SEPTEMBER 7 **LOCATION** **TIME**

Matthew's Rap Class	Central Hall	1:00 PM
Social Rec: Skip Bo Tournament	Central Hall	2:00 PM

SEPTEMBER 8 **LOCATION** **TIME**

Wellness with Sherry	Central Hall Zoom Meeting ID: 882 0223 2923 Passcode: u5DL1X	11:00 AM
Peer Board Director's Meeting	Studio	12:30 PM
Yoga	Studio (In Person Only)	1:30 PM

SEPTEMBER 9 **LOCATION** **TIME**

SEPTEMBER 12	LOCATION	TIME
Newsletter Team Meeting Editor's Group	Studio (Editor's Group Only)	1:30 PM

SEPTEMBER 13	LOCATION	TIME
Creative Time with Sherry	Central Hall	11:00 AM

SEPTEMBER 14	LOCATION	TIME
BBQ Block Party	Prosper Place Clubhouse	11:00 AM TO 2:00 PM

SEPTEMBER 15	LOCATION	TIME
Wellness with Sherry	Central Hall Zoom Meeting ID: 882 0223 2923 Passcode: u5DL1X	11:00 AM
Yoga	Studio (In Person Only)	1:30 PM

SEPTEMBER 16	LOCATION	TIME
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SEPTEMBER 19	LOCATION	TIME
Newsletter Team Meeting Editor's Group	Studio (Editor's Group Only)	1:30 PM

SEPTEMBER 20	LOCATION	TIME
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SEPTEMBER 21	LOCATION	TIME
Matthew's Rap Class	Central Hall	1:00 PM
Social Rec: Bingo	Studio	2:00 PM

SEPTEMBER 22	LOCATION	TIME
Wellness with Sherry	Central Hall Zoom Meeting ID: 882 0223 2923 Passcode: u5DL1X	11:00 AM
Yoga	Studio	1:30 PM
SEPTEMBER 23	LOCATION	TIME
SEPTEMBER 26	LOCATION	TIME
Newsletter Team Meeting Editor's Group	Studio (Editor's Group Only)	1:30 PM
SEPTEMBER 27	LOCATION	TIME
Creative Time with Sherry	Central Hall	11:00 AM
SEPTEMBER 28	LOCATION	TIME
YEG/ YAG	Studio	1:00 PM
Social Rec: Karaoke	Studio	2:00 PM
SEPTEMBER 29	LOCATION	TIME
Wellness with Sherry	Central Hall Zoom Meeting ID: 882 0223 2923 Passcode: u5DL1X	11:00 AM
Yoga	Studio	1:30 PM
SEPTEMBER 30	LOCATION	TIME

September 2022

Lunches are \$4 or less.
 Regular Suppers are \$5 or less.
 Holiday Suppers are \$6 or less.
 Sandwich - \$2.50
 Soup - \$1.50

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lunch: Breakfast Burritos and Hashbrowns Supper: Butter Chicken with Rice	2 Lunch: Leftovers or Special
5 CLOSED	6 Lunch: Stuffed Red Pepper Casserole Supper: Pancakes + Breakfast Sausage	7 Lunch: Burgers & Side	8 Lunch: Spaghetti + Meat Sauce Supper: Herbed Chicken + Rice	9 Lunch: Leftovers or Special
12 Lunch: Soup & Sandwich	13 Lunch: Chicken Tacos Supper: Fettuccine Alfredo + Chicken	14 Lunch: Burgers & Side	15 Lunch: Monte Cristo's + Slaw Supper: Meat Lover's Pizza	16 Lunch: Leftovers or Special
19 Lunch: Soup & Sandwich	20 Lunch: Chicken Caesar Wrap + Veggie and Dip Supper: Baked Cod + Frozen Veggies	21 Lunch: Burgers & Side	22 Lunch: Macaroni and Cheese Supper: (Meal Deal) Chili + Bun	23 Lunch: Leftovers or Special
26 Lunch: Soup & Sandwich	27 Lunch: French Toast + Scrambled Eggs Supper: Chef Salad + Garlic Toast	28 Lunch: Burgers & Side	29 Lunch: Mediterranean Chicken Pasta Supper: Pulled Pork on Bun with Wedges	30 Lunch: Leftovers or Special