




 <p>D.A.W.N. SOCIETY DELTA ALLIANCE FOR WELLNESS & NETWORKING moving forward together</p>	<p>October</p>		<p>October</p>	 <p>D.A.W.N. SOCIETY DELTA ALLIANCE FOR WELLNESS & NETWORKING moving forward together</p>
<p>MONDAY</p>	<p>TUESDAY</p>	<p>WEDNESDAY</p>	<p>THURSDAY</p>	<p>FRIDAY</p>
<p>31- Open 9am-4pm 10:00am-11:00am-JOB CLUB 11:30am-12:30pm-HELP KEEP YOUR CLUBHOUSE CLEAN- CLUBHOUSE WORK 11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$2.00 1:30pm-3:00pm- YOU GOTTA HAVE ART 3:00pm-4:00pm- Coffee and end of the day clean-up</p>		<p>DATES TO REMEMBER: October 9th and 23rd - Community Kitchen Tuesdays - Ready, Set, Work Oct 5-9 Mental Health Week Oct 15 Earthquake Preparedness Day Relationship Group, October 9th & 23rd Oct.21 Colour Your Life Wksp. Oct 29 n- Jamming With Jared</p>	<p>1 - Open 9am-1pm 10:00am-11:00am-JOB CLUB 11:30-12:30--HELP KEEP YOUR CLUBHOUSE CLEAN- CLUBHOUSE WORK 11:30am-1:00pm-Culinary Work Skills and Lunch-Cost \$2.00 1:00pm Clubhouse Closed</p>	<p>2- Open 9am-1:30pm 10:00 – 11:00 <u>JOB CLUB</u> 11:00 – 11:30 - <u>Members Meeting</u> 11:30-12:30--HELP KEEP YOUR CLUBHOUSE CLEAN- CLUBHOUSE WORK 11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$2.00 1:30 <u>Project Giveback</u></p> 
<p>5 10:00am-11:00am-JOB CLUB 11am Mental Health Awareness Discussion - Depression 11:30am-12:30pm-HELP KEEP YOUR CLUBHOUSE CLEAN- CLUBHOUSE WORK 11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$2.00 1:30pm-3:00pm- YOU GOTTA HAVE ART 3:00pm-4:00pm- Coffee and end of the day clean-up.</p>	<p>6-Open 9am-4pm 11-11:45- Ready, Set Work! – Skills for the Workplace 11:30-12:30pm-HELP KEEP YOUR CLUBHOUSE CLEAN- CLUBHOUSE WORK 11:30am-1:00pm-Culinary Work Skills and Lunch Cost \$2.00 1:30pm-2:30pm HEALTHY BODY, HEALTHY MINDS – Mental Health Awareness – How Exercise Benefits your Mental Health 3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>7 -Open 9am-4pm Prepay for Community Kitchen. \$5 10:00am-11:00am- JOB CLUB 12:30 Thanksgiving Lunch  3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>8-Open 9am-4pm 10:00am-11:00am- JOB CLUB 10:30 – 12:30 pm <u>Community Kitchen Planning</u> \$5.00 Pay by Oct 7th 3-5 participants only. 11:30am-12:30pm-HELP KEEP YOUR CLUBHOUSE CLEAN- CLUBHOUSE WORK 11:30am-1:00pm-Culinary Work Skills& Lunch-Cost \$2 1:30pm-2:30pm Mental Health Awareness Discussion - Seasonal Affective Disorder 3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>9 Open 9am-4pm 10:00am-11:00am- <u>JOB CLUB</u> 11:00pm-11:30am-<u>Members Meeting - Mental Health Awareness Discussion -Schizophrenia</u> 11:30am-12:30pm-HELP KEEP YOUR CLUBHOUSE CLEAN- CLUBHOUSE WORK 12:30 No Lunch – bring a bagged lunch. 1:00-4:00pm <u>Community Kitchen</u> Only for members who have signed up and have prepaid \$5 1:30 <u>Relationship Group</u> 3:00pm-4:00pm- Coffee and end of the day clean-up</p>

<p>12 Open 9am-4pm</p> <p>CLUBHOUSE CLOSED FOR</p> 	<p>13- Open 9am-4pm</p> <p>11-11:45 - Ready, Set Work!</p> <p>11:30am-12:30pm-<u>HELP KEEP YOUR CLUBHOUSE CLEAN-CLUBHOUSE WORK</u></p> <p>11:30am-1:00pm-Culinary Work Skills and Lunch- Cost \$2.00</p> <p>1:30-2:00 – <u>HEALTHY BODY-HEALTHY MIND</u></p> <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>	<p>14 - Open 9am-4pm</p> <p>9:30-12:30pm <u>WRAP</u></p> <p>10:00am-11:00am- <u>JOB CLUB</u></p> <p>11:30am-12:30pm-<u>HELP KEEP YOUR CLUBHOUSE CLEAN-CLUBHOUSE WORK</u></p> <p>11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$2.00</p> <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>	<p>15- Open 9am-4pm</p> <p>10:15 Earthquake Awareness Day Video</p> <p>11:00-11:30am- <u>JOB CLUB</u></p> <p>11:30am-1:00pm-Culinary Work Skills and Lunch-Cost \$2.00</p> <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>	<p>16 Open 9am-4pm</p> <p>10:00am-11:00am- <u>JOB CLUB</u></p> <p>11:00 -<u>Members Meeting</u></p> <p>11:30am-12:00 <u>Special Coffee as you clean your <u>Foodsafe Kitchen</u></u></p> <p>11:30-1:00 <u>Culinary Work Skills and Lunch- Cost \$2.00</u></p> <p>1-2:30 – <u>Marketing -Card Project</u></p> <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>
<p>19- Open 9am-4pm</p> <p>10:00am-11:00am- <u>JOB CLUB</u></p> <p>11:30am-12:30pm-<u>HELP KEEP YOUR CLUBHOUSE CLEAN-CLUBHOUSE WORK</u></p> <p>11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$2.00</p> <p>1:30pm-3:00pm- <u>YOU GOTTA HAVE ART</u></p> <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>  <p>Get Out and Vote!</p>	<p>20. Open 9am-4pm</p> <p>11-11:45 Ready, Set Work!</p> <p>11:45am-12:30pm-<u>HELP KEEP YOUR CLUBHOUSE CLEAN-CLUBHOUSE WORK</u></p> <p>11:30am-1:00pm-Culinary Work Skills and Lunch- Cost \$2.00</p> <p style="text-align: center;">1:30- 4:00 Clubhouse Closed for Young Adults</p>	<p>21 . Open 9am-4pm</p> <p>Prepay for Community Kitchen.</p> <p>10:00am-11:00am- <u>JOB CLUB</u></p> <p>11:30am-12:30pm-<u>HELP KEEP YOUR CLUBHOUSE CLEAN-CLUBHOUSE WORK</u></p> <p>11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$2.00</p> <p>1:15 <u>Wheel of Life Colour Your Life Workshop</u></p>  <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>	<p>22. Open 9am-4pm</p> <p>10:00am-11:00am- <u>JOB CLUB</u></p> <p>11:30am-1:00pm-Culinary Work Skills and Lunch-Cost \$2.00</p> <p>11:30am-12:30pm-<u>HELP KEEP YOUR CLUBHOUSE CLEAN-CLUBHOUSE WORK</u></p> <p>12:30 pm <u>Community Kitchen Planning</u> - Prepay by Oct 21st \$5.00 3-5 participants only.</p> <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>	<p>23 Open 9am-4pm</p> <p>10:00am-11:00am- <u>JOB CLUB</u></p> <p>11:00- <u>Members' Meeting</u></p> <p>12:30 No Lunch – bring a bagged lunch.</p> <p>1:00-4:00pm <u>Community Kitchen</u>. Only for members who have signed up and have repaid Limited to 5 participants. \$5</p> <p>1:00-1:30pm-<u>Members Meeting</u></p> <p>1:30 <u>Relationship Group</u></p> <p>2:30 <u>Internet Skills</u></p> <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>
<p>26 Open 9am-4pm</p> <p>10:00am-11:00am- <u>JOB CLUB</u></p> <p>11:30am-12:30pm-<u>HELP KEEP YOUR CLUBHOUSE CLEAN-CLUBHOUSE WORK</u></p> <p>11:30am-1:00pm-Culinary Work Skills and Lunch-Cost \$2.00</p> <p>1:30pm-3:00pm- <u>YOU GOTTA HAVE ART</u></p> <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>	<p>27 Clubhouse Closed for scheduled</p> <p style="text-align: center;">Recovery Plans</p> <p style="text-align: center;">Hopes and Dreams for the Future</p> <p style="text-align: center;">Closed at 3 for staff meeting</p>	<p>28 Open 9am-4pm</p> <p>9:30-12:30pm <u>WRAP</u></p> <p>10:00am-11:00am- <u>JOB CLUB</u></p> <p>11:30am-12:30pm-<u>HELP KEEP YOUR CLUBHOUSE CLEAN-CLUBHOUSE WORK</u></p> <p>11:30am-1:00pm-Culinary Work Skills and Lunch- Cost \$2.00</p> <p>1:30 <u>Pursuit of Happiness</u></p> <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>	<p>29. Open 9am-4pm</p> <p>10:00am-11:00am- <u>JOB CLUB</u></p> <p>11:30am-1:00pm-Culinary Work Skills and Lunch- Cost \$2.00</p> <p>2:00-3:00 <u>Jamming with Jared.</u></p> <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>	<p>30. Open 9am-1:30pm</p> <p>9:30-12:30pm <u>WRAP</u></p> <p>10:00 – 11:00 <u>JOB CLUB</u></p> <p>11:30–12:30--<u>HELP KEEP YOUR CLUBHOUSE CLEAN-CLUBHOUSE WORK</u></p> <p>11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$2.00</p> <p>1:00 – 1:30 – <u>Members' Meeting</u></p> <p>1:30-3:00 <u>Halloween Tales and Treats</u></p> <p>3:00pm-4:00pm- <u>Coffee and end of the day clean-up</u></p>