

	<h1>October 2016</h1>	<p>**Please note that dates and times are subject to change.</p> 	<h1>October 2016</h1>	
<h2>MONDAY</h2>	<h2>TUESDAY</h2>	<h2>WEDNESDAY</h2>	<h2>THURSDAY</h2>	<h2>FRIDAY</h2>
<p>3. Open 9am-4pm</p> <p>10:30am- Lets raise awareness about Mental Illness</p> <p>11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$3.00</p> <p>1:30pm-3:00pm- YOU GOTTA HAVE ART</p> <p>3:00pm-4:00pm- Coffee and end of the day clean-up.</p> <p>MENTAL HEALTH AWARENESS WEEK</p>	<p>4. Open 11pm-6pm</p> <p>11-11:45 - Ready, Set Work! Skills for the Workplace</p> <p>1:15 – HEALTHY BODY-HEALTHY MIND) – Discussion on Depression</p> <p>3:00pm-6pm – Jammin' with Jared & Pizza</p> <p>Call Aferdita about Young Adults Outing</p> <p>MENTAL HEALTH AWARENESS WEEK</p>	<p>5. Open 9am-4pm</p> <p>10:00am-11:00am-Computer Class</p> <p>11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$3.00</p> <p>1:15pm-3:00pm- Community Exploration</p> <p>3:00pm-4:00pm- Coffee and end of the day clean-up</p> <p>MENTAL HEALTH AWARENESS WEEK</p>	<p>6. Open 9am-4pm</p> <p>11:30am-1:00pm-Culinary Program Lunch-Cost \$3</p> <p>1:15pm-3:00pm- Self Affirmation Craft</p> <p>3:00pm-4:00pm- Coffee and end of the day clean-up</p> <p>MENTAL HEALTH AWARENESS WEEK</p>	<p>7. Open 9am-4pm</p> <p>10:00am-WAY In Healthy Eating</p> <p>11:30am-Members Meeting</p> <p>11:30am-1:00pm-Culinary Work Skills& Lunch-Cost \$3</p> <p>1pm- MOVIE(To be Announced)</p> <p>3-4- Coffee & end of the day clean up</p> <p>MENTAL HEALTH AWARENESS WEEK</p>
<p>10.</p>  <p>THANKSGIVING</p> <p>CLOSED FOR THANKSGIVING</p>	<p>11. Open 9am-4pm</p> <p>11-11:45 - Ready, Set Work! Skills for the Workplace</p> <p>11:30am-1:00pm-Culinary Work Skills and Lunch- Thanksgiving Lunch</p> <p>1:15pm-What are you thankful for?</p> <p>3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>12. Open 9am-4pm</p> <p>10:00am-11:00am-Computer Class</p> <p>11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$3.00</p> <p>2:00pm-3:30pm-- Relationship Group Session #3 (CLOSED GROUP)</p> <p>3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>13. Open 9am-4pm</p> <p>11:30am-1:00pm Culinary Program Lunch-Cost \$3</p> <p>1:15pm-Self Affirmation Craft Continued</p> <p>3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>14. Open 9am-4pm</p> <p>10:00am-WAY In Healthy Eating</p> <p>11:30am-Members Meeting</p> <p>11:30am-1:00pm-Culinary Work Skills& Lunch-Cost \$3</p> <p>1pm- DAWN Talks: Your personal colours</p> <p>3-4 Coffee & end the day clean up</p>

<p>17. Open 9am-4pm</p> <p>11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$3.00 1:30pm-3:00pm- YOU GOTTA HAVE ART 3:00pm-4:00pm- Coffee and end of the day clean-up.</p>	<p>18.</p> <p>Clubhouse CLOSED (Recovery Plans by Appointment Only)</p>	<p>19. Open 9am-4pm</p> <p>10:00am-11:00am-Computer Class 11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$3.00 1:00 Joyce Baker – Concurrent Disorder- Education/ Discussion Group 3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>20. Open 9am-4pm</p> <p>11:30am-1:00pm-Culinary Work Skills and Lunch Cost \$3.00 1:30pm-3:00pm-Armchair Traveler (COUNTRY) 3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>21. Open 9am-4pm</p> <p>10:00am-WAY In Healthy Eating 11:00am- Newsletter Meeting 11:30 -Members Meeting 11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$3.00 1pm- DAWN Talks: Supporting others in their Recovery 3-4 Coffee & end the day clean up</p>
<p>24. Open 9am-4pm</p> <p>11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$3.00 1:30pm-3:00pm- YOU GOTTA HAVE ART 3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>25. Open 9am-4pm</p> <p>11-11:45 - Ready, Set Work! Skills for the Workplace 11:30am-1:00pm-Culinary Work Skills and Lunch- Cost \$3.00 1:15 – HEALTHY BODY-HEALTHY MIND – Find out your breathing levels w/ our new carbon monoxide machine (Lung Health) 3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>26.-Open 9am 4pm</p> <p>10:00am-11:00am-Computer Class 11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$3.00 2:00pm-3:30pm-- Relationship Group Session #4 (CLOSED GROUP) 3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>27. Open 9am-4pm</p> <p>11:30am-1:00pm-Culinary Work Skills and Lunch Cost \$3.00 1:30pm-3:00pm-Armchair Traveler (COUNTRY) 3:00pm-4:00pm- Coffee and end of the day clean-up</p>	<p>28. Open 9am-4pm</p> <p>10:00am WAY In Healthy Eating 11:00 -Members Meeting 11:30am-1:00pm- Culinary Work Skills and Lunch- Cost \$3.00 1pm- DAWN Talks: Relationship with friends. 3-4 Coffee & end the day clean up</p> <p>Call Aferdita about Young Adults Outing</p>
<p>31. Open 9am-4pm</p> <p>HAPPY HALLOWEEN 9:00am-10:00am – Free Coffee & Halloween Treats 10:00am-12:00pm – Halloween Trivia 12:00pm-2:00pm – Hors D’oeuvres 2pm-4pm – Scavenger hunt & Best Costume Prizes!(Wear your Costume)</p> 