

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Labour Day! Centre Closed	7 10:00 Coffee & Conversation Lunch: Honey Garlic Pork & Fried Rice 1:00 Bingo	8 10:00 Coffee & Conversation Lunch: Lasagna & Salad 1:00 wii Sports	9 10:00 Two Houses Theatre Lunch: Baked Beans & Brown Bread 1:00 Crib Club & Games Afternoon	10 12:00 BBQ 1:00 Friday Funday with Tony Quinn
13 11:00 Members Meeting Lunch: Beef Stew & Homemade Rolls 1:00 Monday Music Social	14 10:00 Coffee & Conversation Lunch: Chicken Pot Pie 1:00 Bingo	15 11:00 Ambiguous Loss BIANS Workshop Lunch: Porkchops & Potatoes 1:30 Tour of John W Lindsay YMCA	16 10:00 Two Houses Theatre Lunch: Mac-N-Cheese 1:00 Crib Club & Games Afternoon	17 12:00 BBQ 1:00 Friday Funday Trivia Challenge
20 Membership Renewal Week Lunch: Seafood Chowder & Tea Biscuits 1:00 Glee Club Music	21 Membership Renewal Week 10:00 Chair Yoga Lunch: Shepherd's Pie 1:00 Bingo	22 Membership Renewal Week 10:30 Book Club Lunch: Baked Ham & Scalloped Potatoes 1:00 Music in Motion	23 Membership Renewal Week 10:00 Two Houses Theatre Lunch: Quiche & Salad 1:00 Crib Club & Games Afternoon	24 Membership Renewal Week 12:00 BBQ 1:00 Friday Funday Karaoke 3:00-4:00 "United by song" Story Telling Party
27 10:00 Coffee & Conversation Lunch: Hot Chicken Sandwich & Veggies 1:00 Glee Club Music	28 10:00 Chair Yoga Lunch: Spaghetti & Meatballs with Garlic Bread 1:00 Bingo	29 10:30 Book Club Lunch: Grilled Chicken Caesar Salad 1:00 Fall Collage Art with Eilidh	30 10:00 Two Houses Theatre Lunch: Vegetable Soup & Homemade Rolls 1:00 Crib Club & Games Afternoon	1 Senior's Week Begins 12:00 BBQ Last of the Season! 1:00 Seniors for Seniors Virtual Kitchen Party Event

** Due to increased demand and limited seating, please call ahead to reserve your seat for lunch and activities 902-421-6131

Lunch everyday at 12pm
Members \$7 Non-members \$10 * *Includes tea/coffee & dessert!