






THE CLUBHOUSE CALENDAR

MAY 2018

Days & Hours of Operation:

Monday-Friday

8:30am-4:00pm

<p>Monday Breakfast Hour 9am-10am (Cost \$1) Food prep @ 11am</p>	<p>Tuesday Breakfast Hour 9am-10am (Cost \$1) Quilting program 10-2pm @ 308 Royal avenue Food Prep @ 11am</p>	<p>Wednesday Breakfast @ 9am Food Prep @ 11am</p>	<p>Thursday Breakfast Hour 9am-10am (Cost \$1) Food Prep @ 11am</p>	<p>Friday Breakfast Hour 9am-10am (Cost \$1) Soup or Sandwiches –@12pm (\$1.00 or \$4/week)</p>
<p>CPP/OAS Cheque day- May 29th</p> <p>Redemption Pottery Class Tuesday, May 29th Learn to use a pottery wheel! 1-3pm at 340C 12 Ave. \$6.00/person, Must sign up!</p>	<p>1 Cereal & Toast 9-10am Mediterranean Wrap @ 11am Team Leadership Meeting @12pm (Chinese Food) Bath salts @ 1pm</p>	<p>2 Omelettes @ 9am Greek Yogurt Chicken Salad Sandwiches @ 11am <i>Walk to Riverside Park and coffee at Time Hortons with Team Leads-leave Clubhouse @1pm</i></p>	<p>3 Cereal & Toast 9-10am Garden Maintenance @ 10am Easy Burrito Bowls @ 11am</p> 	<p>4 Cereal & Toast 9-10am Chef's Salad @ noon Group wire art</p> 
<p>7 Cereal & Toast 9-10am Art with Finn 9-11am Pesto Pasta with Tomatoes & Asparagus @ 11am C.H.O.M.P Planning Group 1pm- Cost due-\$3.00</p>	<p>8 Cereal & Toast 9-10am Chinese Chicken Salad @ 11am Tye Dying @ 1pm – Bring your pillowcases, shirts etc.</p>	<p>9 French Toast @ 9am Korean Pineapple Beef Lettuce Wrap @ 11am <i>Swimming at YMCA @1pm</i></p>	<p>10 Cereal & Toast 9-10am Garden Maintenance @ 10am Fried Avocado Tacos @ 11am</p>	<p>11 Cereal & Toast 9-10am Pasta Caprese @ noon Homemade Chocolates @ 1pm</p>
<p>14 Cereal & Toast 9-10am Art with Finn 9-11am Roasted Shrimp Sandwich with Chipotle Mayonnaise @ 11am</p>	<p>15 Cereal & Toast 9-10am Roasted Cauliflower Salad @ 11am Indoor vegetable planting</p> 	<p>16 Spinach Quiche @ 9am Summer Pesto Pasta @ 11am <i>Walk to Riverside Park and coffee at Time Hortons with Team Leads-leave Clubhouse @1pm</i></p>	<p>17 Cereal & Toast 9-10am MHSU Overdoes Prevention Nurse – Hayley @ 11am Lasagna @ noon Smoking Cessation – Jacqueline @ 1pm</p>	<p>18 Cereal & toast 9-10am C.H.O.M.P. grocery list to be done Waldorf Salad @ noon</p> 
<p>21 Clubhouse CLOSED For May Long Weekend</p>	<p>22 Cereal & Toast 9-10am Amee & Pam –Work BC 10am Cobb Salad Sushi @ 11am</p>	<p>23 B.E.L.T sandwiches @ 10am Clubhouse CLOSED @ 12pm PWD/IA Cheque day <i>Bowling with team leads at Bowlertime 12:30pm Cost \$3.00</i></p>	<p>24 Cereal & Toast 9-10am Garden Maintenance @ 10am C.H.O.M.P Shopping@ 10am *No Lunch Program*</p>	<p>25 Cereal & Toast 9-10am Macaroni Salad & Garlic Toast @ noon Parachute bracelets</p>
<p>28 Cereal & Toast 9-10am Art with Finn 9-11am FCC Meeting @ 10am Shrimp & Vegie Rolls @ 11am Karaoke @ 1pm Baking with Robert @ 1pm</p>	<p>29 Cereal & Toast 9-10am Sausage & Broccoli Rice Bowls @ 11am Pottery wheel class at Redemption pottery 1-3pm 6 person limit (\$5.00/person) Must sign up!</p>	<p>30 Breakfast burritos @ 9am Turkey and Cucumber Salad Wraps @ 11am</p>	<p>31 Cereal & Toast 9-10am Garden Maintenance @ 10am</p>  <p>@11am</p>	<p>Are you wondering if your FCC cheque is ready? If so, please contact our Volunteer receptionists at the Clubhouse Ext 107 Thanks!</p>

