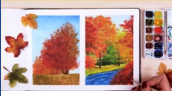
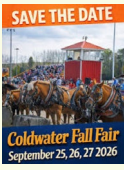


September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Mental Health & Wellness 1-3PM Letting Go Like the Leaves: What Am I Ready to Release?	2 Lunch: Lasanga with Garlic Bread 11AM-2PM 	3 Hot Dogs & Smores \$10 (leaving club at 10AM) 	4 Orillia Pirate Party \$4 Bag Lunch 10AM -3PM 	5 Chicken Pasta Bake 11AM – 2PM 
6	7 Labor Day 	8 Mental Health & Wellness 1-3PM Your Inner Critic vs. Your Inner Coach	9 Lunch: Sausage on a Bun with French Fries 11AM-2PM 	10 Fill Your Cup – Womens Group Georgian Mall Outing (leaving at 11AM) 	11 Concurrent Disorder 10-11AM Creative Playdates 1-3 Watercolor Fall Scene 	12 Lunch: Tomato Soup & Grilled Cheese 11AM – 2PM 
13 Soup for the Soul 	14	15 Mental Health & Wellness 1-3PM Building Your Mental Health Toolbox	16 Lunch: Italian Subs and Pasta Salad 11AM -2PM 	17 Bayshore Lanes Bowling Leaving club at 1130AM (bowling 12-1) 	18 JACKSONS POINT CAMPING TRIP \$50 (must speak with coordinator to sign up) 	19 JACKSONS POINT CAMPING TRIP \$50 (must speak with coordinator to sign up) 
20 JACKSONS POINT CAMPING TRIP \$50 (must speak with coordinator to sign up)	21	22 Mental Health & Wellness 1-3PM Recognizing Emotional Burnout: When Your Battery Is Running Low	23 Lunch: Hot Hamburger with Salad 11AM – 2PM Whimsical Fish Watercolor 	24 Fill Your Cup – Womens Group 1-3PM SELF CARE – Embracing the season change 	25 Concurrent Disorders 10-11AM MUSIC IN THE CLUB 1-3PM 	26 Coldwater Fall Fair \$10 (includes admission and bag lunch) Leaving at 10AM 
27 Soup for the Soul 	28	29 Mental Health & Wellness 1-3PM Getting Comfortable With Change	30 National Truth & Reconciliation Day 			

