



**NEWS-A-PEEL**  
**THE NEWSLETTER AND CALENDAR OF**  
**FRIENDS & ADVOCATES**  
**Peel and Surrounding Areas**

**Phone Number: (905)-452-1002**  
*Your Community Adult Social Rehabilitation Organization*  
**SOCIAL REHABILITATION is the ANSWER!**



**AUGUST 2018**

**OFFICE CLOSED:**

**Civic Holiday- August 6<sup>th</sup>**

**F&A GOVERNANCE IN ACTION:**

**/2018 COMMITTEE MEETINGS**

Quality Improvement Committee. Thursday 16<sup>th</sup> @ 2:00pm  
Fundraising Committee. . . . . Monday 20<sup>th</sup> @ 1:00pm  
By-Law & Policy Committee. . . . Monday 20<sup>th</sup> @ 2:00pm  
Board Orientation Meeting. . . . . Monday 20<sup>th</sup> @ 3:00pm

**Regional Social & Leisure Committees:**

North Etobicoke. . . . . Thursday 2<sup>nd</sup> @ 1:30pm  
Dufferin. . . . . Wednesday 8<sup>th</sup> @ 11:00am  
Mississauga. . . . . Monday 13<sup>th</sup> @ 2:00pm  
Brampton. . . . . Monday 13<sup>th</sup> @ 7:00pm

**Regional Public Relations Committees:**

Brampton. . . . . Monday 13<sup>th</sup> @ 6:00pm

**ATTENTION ALL MEMBERS!!!**

We are currently planning the next **Big Trip to Niagara Falls!** That's right! F&A makes it's return to the world famous Niagara Falls for a full day of fun and relaxation. We are planning to go sometime during the second week of September. Registration for members will open on Monday 20, August. Guest registration will begin one week later on the 27<sup>th</sup> of August. **NO SOONER.**

**Members- \$20.00**

**Associate Members \$25.00**

**Guests - \$30.00**

**WELCOME TO THE TEAM**

**INCOMING BOARD OF DIRECTORS**

Everyone please extend a warm welcome to our new incoming Board of Directors! We have a few news faces on the Board therefore, make sure to get acquainted with who the Board of Directors are moving forward for Friends & Advocates. We are certain the Board will be working hard to further the Values and Mission of Friends & Advocates in your areas!!

**BIRTHDAY WISHES go out to:**

Nicole B., Joanna B., Julie C., Doreen C., Justin C., Robert G., Annie G., Anthony G., Trevor G., Gina G., Sandra H., Lucian H., Jeff J., Sally L., Stephanie L., Lilia L., Sam M., Maha M., Maria M., Billy R., Fletcher R., Cynthia R., Rina R., Maxine R., Ravinder S., Mahawa T., Jesse T., Michelle Y.



**NEWS-A-PEEL ANNOUNCEMENT- ABOUT YQUR FEEDBACK**

Hi Folks! F&A would like to take this opportunity to say, your feedback is important to us. Receiving input from our membership is an integral part of F&A's efforts in providing the best possible service to our Organization. For more information please visit: [www.fapeel.org](http://www.fapeel.org) or talk to any of your amazing Staff Team.

We are currently developing an official feedback page on our website for our members to increase the ways in which we can hear from you. We will be making an official announcement once it is up and running.

When you check the website out, there is more information for submitting suggestions, Compliments and Complaints on the website or through the Staff Team. Although, you may want to bring your issue to your local Social/Leisure Committee, if it in respect of activities concerns or suggestions.

Whatever you decide to do, we are with you and support you to bringing your thoughts to the Organization, it is yours after all. Have an F&A-tastic day!

**PATHFINDER CAMPAIGN**

Join our intrepid band of Adventurers as they save farmers from marauding Goblins, delve into deep dungeons to find Dragon Treasures and defeating evil Wizards as they seek to enslave the Townsfolk! To check out the action, join us on alternate **Tuesdays, 7 August and 21 August at 1:30pm, at the office.**

**WRITING GROUP**

**Monday, 27 August 2018**

Heads up for our members in the writing group. This month we're focussing on motivational and inspirational quotes. We want you to gather and create quotes, to make your own quote book. Cant wait to see you all there!!

## NEW MEMBER SOCIAL DAY - NORTH ETOBICOKE

**Monday, 13 August 2018**

Welcome New Members! This is an new opportunity for you to learn about your organization. Did you have questions about the Organization after your interview? Which activities have people my age? My interests? The type of Fun I prefer? Come out to this meeting and get all the answers, talk to fellow Members and Staff. Have a Tea or Coffee and get a clearer picture of what opportunities the Organization can offer you. These activities will be frequently placed in the Social Calendars of the F&A News-A-Peel Newsletter, in each Service Area but if you want to come to one in another Service Area that is fine. We will welcome you no matter which one you attend. **Remember that this Activity is specifically for New Members**

## ONTARIO PERCEPTION OF CARE (OPOC)

Thank you to everyone who took the time to fill out an OPOC at either a designated activity or one of our big events! Your opinion is so important! Remember you can fill out the OPOC as many times as you want. During August we will have activity days led by STAFF for an opportunity to complete an OPOC. If you cannot attend the activity but would still like to complete a survey call the office!

**Dufferin:** Wednesday, 8 August - 11:00am - 1:00pm

**North Etobicoke:** Wednesday, 8 August - 1:30pm - 3:30pm

**Brampton:** Thursday, 16 August - 2:00pm - 4:00pm

**Mississauga:** Wednesday, 22 August - 2:00pm - 4:00pm

## CSN REGIONAL MEETINGS

**Wednesday, 22 August 2018 @ 1:00pm - Dufferin**

**Wednesday, 29 August 2018 @ 2:00pm - Brampton**

**Thursday, 30 August 2018 @ 1:30pm - North Etobicoke**

The Consumer/ Survivor Network gives people who are living with mental health and/or addictions the opportunity to come together with peers to share stories of recovery, learn from one another and provide valuable input into many projects, initiatives and committees taking place in LHIN 5. This input helps to ensure system changes that are being made will meet the needs of our community.

## VOLUNTEERS ARE WELCOME AT F&A

We are currently interested in taking on volunteers in several areas of our catchment. If you know anyone who is interested in volunteering in a great and worthwhile organization, have them give May a call at 905-452-1002.

## WARM WEATHER ALERT!!

Make sure to bring a water bottle & drink a lot of fluids. If you are unsure of an activity is still taking place due to Hot Weather, please call the office at **905-452-1002**.

## GOODBYE TO OUR SUMMER STAFF

Brooke, Christina, and Rochelle will be completing their Summer Employment at the end of August. We wish you all well in University. Thank you for your hard work this Summer! We will miss you guys.

*"We enjoyed our time at Friends & Advocates and appreciate having had the opportunity to work with everyone. Thank you for the support, guidance, and encouragement you have provided us all during our time here. We will miss the entire F&A family and are grateful for the knowledge, tools and experience with which you have provided us. It was our honour in working with all of you and wish you all the best!"*

**- Brooke, Christina, & Rochelle**

## GOOD-BYE TO OUR SUMMER PLACEMENT STAFF

Christine our Summer Placement Grad Student, left in mid July and we did not say good bye to her in the New's -A-Peel until now! We wish her well in all of her future endeavours.

## HAVE AN F&A-TASTIC DAY!

\*\*\*\*\*

## FRIENDS & ADVOCATES

Peel and Surrounding Areas

239 Queen St. E, Unit 6, Brampton, ON L6W 2B6

Telephone. .... (905) 452-1002

e-mail..... contact@fapeel.org

Fax..... (905) 452-1036

Website..... www.fapeel.org

## Follow us on Twitter:

Friends & Advocates Peel . .... @FA\_Peel

CSN-CW Adult..... @CSN\_Adult

CSN Youth & Young Adult. .... @CSN\_Youth

## and Facebook:

<http://www.facebook.com/FriendsAdvocatesPeel>

<http://www.facebook.com/csn youth>

<http://www.facebook.com/csn cw>

## In Case of a Crisis:

(Work Hours: Monday to Friday 8:30am - 4:30pm)

Call F&A Peel Staff..... 905-452-1002

## After Hours:

24.7 Crisis Support Peel. .... 905-278-9036

Distress Centre..... 905-278-7208

SPECTRA..... 905-459-7777

Health Line Peel..... 905-799-7700

Warm Line. .... 416-960-9276

Krasman Warm Line..... 1-888-777-0979

24/7 Warmline ..... 1-844-427-3247

Psychiatric Survivors Warmline. .... 1-519-631-1580

# FRIENDS & ADVOCATES PEEL

## Peel and Surrounding Areas

### ACTIVITY DETAILS

#### AUGUST 2018

- In the event of severe weather conditions, the Director of Services, Member Services Worker or CEO in consultation with the Leaders of the Activity, has the authority, usually 4 hours before the scheduled start of the activity, to cancel the activity. A message with respect to the cancellation will be placed on the office answering service announcement.
- Members are eligible for Transit Subsidy if attending two social activities each month, Training Programs, Governance Meetings, Special Events (as designated) or as Leaders of an Activity.
- In order to be counted in attendance, at an activity, you must be present from the beginning of the scheduled time for the activity and you must stay until the end of the activity to be counted.
- Leaders will be available to the activity ½ hour before the scheduled start of the Activity.

#### AUGUST BRAMPTON ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Greet & Eat Pizza Pizza (1:00pm)	4
5	6 CIVIC HOLIDAY	7 Pathfinder Session 13 (1:30pm)  Adult Colouring (6:00pm)	8	9	10	11 Creative Writing (1:00pm)
12 Craft Afternoon (1:00pm)	13 Public Relations Committee (6:00pm)  Social & Leisure Committee (7:00pm)	14 Community Living Series John Howard Society (2:00pm)	15 F&A Open Mic Night (6:00pm)	16 Quality Improvement Committee (1:00pm)  Calender day / OPOC DAY (2:00pm)	17	18
19	20 Fundraising Committee (1:00pm)  By -Law & Policy Committee (2:00pm)  Board Orientation (3:00pm)	21 Pathfinder Session 14 (1:30pm)	22 Small Talk Leadership (6:00pm)	23 Shoppers World Greet & Eat / Mall Walk (1:00pm)	24 Games Night (6:00pm)	25
26	27	28 Financial Planning (2:00pm)	29 CSN Regional Meeting (2:00pm)	30 BINGO Night (6:00pm)	31	

**Friday, 3 August 2018 @ 1:00pm LEADERS: Amanda.S, Shirley.S.** ..... Greet & Eat Pizza Pizza  
 Pizza Pizza Pizza!! Come out & join your F&A friends for some delicious food!!

**Place:** Pizza Pizza (267 Queen St E)

**Cost:** Transit Only

**Associate Members & Guests Welcome**

**Main Intersection:** Queen St E & Rutherford, Brampton

**Attendance Goal:**10

**Subsidy:** 27 July

**Tuesday, 7 August 2018 @ 1:30pm LEADERS:Staff.** ..... Pathfinder Session 13  
 You are welcome to see what is happening and join in when a Adventure happens. Each table can have 8 players and we can accommodate only 1, right now.

**Place:** Friends & Advocates Office (239 Queen St E Unit 6)

**Cost:** Free

**Associate Members & Guests Welcome**

**Main Intersection:** Queen & Kennedy, Brampton

**Attendance Goal:**15

**Subsidy:** 31 July

**Tuesday, 7 August 2018 @ 6:00pm LEADERS: Meeghan. A, Corrine. M.** ..... Adult Colouring  
 Adult colouring books relieve stress and improve focus! Come out and join your F&A friends for this self care activity!!

**Place:** Friends & Advocates Office (239 Queen St E Unit 6)

**Cost:** Free

**Associate Members & Guests Welcome**

**Main Intersection:** Queen St E & Kennedy, Brampton

**Attendance Goal:**8

**Subsidy:** 31 July

**Saturday, 11 August 2018 @ 1:00pm LEADERS: Jason. D , Shirley.S.** ..... Creative Writing  
 If you love creativity and would like to express your ideas and talents, come out and join us at the F&A Creative Writing Afternoon!!

**Place:** Friends & Advocates Office (239 Queen St E Unit 6)

**Cost:** Free

**Associate Members & Guests Welcome**

**Main Intersection:** Queen St E & Kennedy, Brampton

**Attendance Goal:**10

**Subsidy:** 3 August

- Sunday, 12 August 2018 @ 1:00pm LEADERS: Yvonne.V, Corrine. M.** ..... Craft Afternoon  
If you love creativity and would like to express your ideas and talents, come out and join us at the F&A Craft Afternoon!!  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** ..... **Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal:8**  
**Associate Members & Guests Welcome** ..... **Subsidy: 3 August**
- Monday, 13 August 2018 @ 6:00pm LEADERS:Staff.** ..... **Public Relations Committee**  
PR needs your ideas, input and help. Come on out, scream and shout. In August there is a lot of sunshine. Public Relations is working overtime. Presentations, Social Media, F&A Socials too. Public Relations needs your help to bring out members who are new.  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** ..... **Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal: 10**  
**Members Only** ..... **Subsidy: 7 August**
- Monday, 13 August 2018 @ 7:00pm LEADERS:Staff.** ..... **Social & Leisure Committee**  
We are moving into Summer!! You decide the activities! Make sure to bring out some new activity ideas to your Committee!  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** ..... **Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal:10**  
**Members Only** ..... **Subsidy:7 August**
- Tuesday, 14 August 2018 @ 2:00pm LEADERS: Staff, Jason. D.** ..... **Living Series (John Howard Society)**  
This Living Series is focused on The Employment Services Program offered at The John Howard Society. Come learn about their services and about Ontario labour laws.  
**Place: Friends & Advocates Peel (239 Queen St E Unit 6)** ..... **Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal:15**  
**Associate Members, Guests, and Community Welcome** ..... **Subsidy: 7 August**
- Wednesday, 15 August 2018 @ 6:00pm LEADERS:Staff.** ..... **F&A Open Mic Night**  
Every musician, comedian or poet needs a stage, and F&A has plenty to offer. Whether you're in search of an audience or looking to express your talent, we've got you covered!!  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** ..... **Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal:10**  
**Associate Members & Guests Welcome** ..... **Subsidy: 8 August**
- Thursday, 16 August 2018 @ 1:00pm LEADERS:Staff.** ..... **Quality Improvement Committee**  
If you would like to know about the changes that are occurring in your organization and would like to provide your input, come out to our committee!!  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** ..... **Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal:6**  
**Members Only** ..... **Subsidy: 9 August**
- Thursday, 16 August 2018 @ 2:00pm LEADERS:Yvonne. V.** ..... **Calendar Day / OPOC**  
Teamwork divides the task and multiplies the success. We need you on our F&A team while we put together the September Calendar!!  
**Place: Friends & Advocates Peel (239 Queen St E Unit 6)** ..... **Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal:30**  
**Associate Members & Guests Welcome** ..... **Subsidy: 9 August**
- Monday, 20 August 2018 @ 1:00pm LEADERS:Staff.** ..... **Fundraising Committee**  
We need your new ideas for this months Fundraising Committee Meeting. Share your ideas & get on board with ongoing fundraising initiatives!!  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** ..... **Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal:10**  
**Members Only** ..... **Subsidy: 13 August**
- Monday, 20 August 2018 @ 2:00pm LEADERS:Staff.** ..... **By-Law & Policy Committee**  
Come out & support the Committee as we review the Organization's By-laws and Polices!  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** ..... **Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal:10**  
**Members Only** ..... **Subsidy: 13 August**
- Monday, 20 August 2018 @ 3:00pm LEADERS: Staff.** ..... **Board of Directors**  
Your Board is Meeting today. Reviewing Reports and making Decisions which are largely based on your input at Committees and Activities.  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** ..... **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal: 11**  
**Board Members Only** ..... **Subsidy: 13 August**
- Tuesday, 21 August 2018 @ 1:30pm LEADERS:Staff.** ..... **Pathfinder Session 14**  
You are welcome to see what is happening and join in when a Adventure happens. Each table can have 8 players and we can accommodate only 1, right now.  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** ..... **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** ..... **Attendance Goal:10**  
**Associate Members & Guests Welcome** ..... **Subsidy: 14 August**

**Wednesday, 22 August 2018 @ 6:00pm LEADERS: Staff..... Small Talk- Leadership**  
 Join us as we discuss and answer all your questions about what Friends & Advocates is. **Mandatory for all members wishing to take leadership training.**  
**Place: Friends & Advocates Office (239 Queen St E Unit 6) Main Intersection: Queen St E & Kennedy Rd, Brampton**  
**Cost: Free Attendance Goal:15**  
**Associate Members & Guests Welcome Subsidy:15 August**

**Thursday, 23 August 2018 @ 1:00pm LEADERS:Sam.M, Crystal..... Shoppers World Greet & Eat / Mall Walk**  
 How about a stroll through Shoppers World with good company and conversation **We will be meeting at front entrance near The Oceans.**  
**Place: Shoppers World (499 Main St S) Main Intersection: Main St S & Steeles Ave, Brampton**  
**Cost: Transit Only Attendance Goal:10**  
**Associate Members & Guests Welcome Subsidy: 16 August**

**Friday, 24 August 2018 @ 6:00pm LEADERS: Warren. S, Crystal..... Games Night**  
 Uno, Monopoly, Life! What will it be ? Come out & join us for a fun, competitive evening.  
**Place: Friends & Advocates Office (239 Queen St E Unit 6) Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: Free Attendance Goal:8**  
**Associate Members & Guests Welcome Subsidy:17 August**

**Tuesday, 28 August 2018 @ 2:00pm LEADERS: Staff, Warren.S..... Living Series (RBC)**  
 Come and learn about Budget planning and RRSPs. The RBC will be hosting this learning opportunity and giving us tips and resources on financial planning. Don't miss it!  
**Place: Friends & Advocates Peel (239 Queen St E Unit 6) Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: Free Attendance Goal:15**  
**Associate Members, Guests, and Community Welcome Subsidy: 21 August**

**Wednesday, 29 August 2018 @ 2:00pm LEADERS: Staff..... CSN Regional Meeting**  
 The CSN would like to hear your input about Mental Health Services in your area!!! Come out for a hearty discussion with Richard!  
**Place: Community Door (7700 Hurontario ST. Suite 601) Main Intersection: Hurontario & County Court Blvd, Brampton**  
**Cost: Free Attendance Goal:6**  
**Associate Members, Guests & Community Welcome Subsidy: 22 August**

**Thursday, 30 August 2018 @ 6:00pm LEADERS: Amanda.S, Shirley.S..... BINGO**  
 It's Bingo night in Brampton so why not come out for some fun, conversation and an evening spent with your friends!! Make sure to bring some extra change!!  
**Place: Friends & Advocates Office (239 Queen St E Unit 6) Main Intersection: Queen St E & Kennedy, Brampton**  
**Cost: \$3.00 Attendance Goal:10**  
**Associate Members & Guests Welcome Subsidy:23 August**

**AUGUST MISSISSAUGA ACTIVITIES**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Farmers Market (1:00pm)	2	3	4 Saddington Park walk (4:00pm)
5	6 CIVIC HOLIDAY	7	8	9	10 Centennial Park Day (1:00pm)	11
12	13 Social & Leisure Committee (2:00pm)	14 Cinestarz Movie Afternoon (12:30pm)	15	16	17 Knitting/ Crafts/ F&A Social (2:00pm)	18
19	20	21	22 Potluck/ Karoke /OPOC (2:00pm)	23	24	25
26	27 Writing Club/ Recovery Writing (2:00pm)	28	29	30	31	

**Wednesday, 1 August 2018 @ 10:00am LEADERS:Staff, Robert.K, Marisa.F..... Farmers Market**  
 Come out and join F&A as we eat fresh and shop local food at the lions farmers market. **We will be meeting by the art gallery near celebration Square.**  
**Place: Celebration Square (300 City Centre Dr) Main Intersection: City Centre Drive & Duke Of York, Mississauga**  
**Cost: Transit Only Attendance Goal: 10**  
**Associate Members & Guests Welcome Subsidy: 25 July**



**Saturday, 4 August 2018 @ 4:00pm LEADERS:Staff**..... Saddington Park Walk  
 Come out and join F&A as we stroll through the wonderful saddington park!! **We will be meeting at the Port Credit Light House !!**  
**Place: Saddington Park (53 Lake St)** **Main Intersection: Lakeshore Rd W & Front St, Mississauga**  
**Cost: Transit Only** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 27 July**

**Friday, 10 August 2018 @ 1:00pm LEADERS: Staff**..... Centennial Park Day  
 Come out and join us as the Mississauga and Etobicoke groups go for a walk & play sports at Centennial Park! **We will be meeting outside the Orbitor Station. Be sure to bring a water bottle with you to keep hydrated!! From Square 1 you will take the 107 or the 109 Bus right to Orbitor Station.**  
**Place: Centennial Park (256 Centennial park Rd)** **Main Intersection: Eglinton Ave W & Orbitor Dr, Mississauga**  
**Cost: Free** **Attendance Goal:15**  
**Associate Members & Guests Welcome** **Subsidy: 3 August**

**Monday, 13 August 2018 @ 2:00pm LEADERS: Staff, Robert. K, Ken.M.**..... Social & Leisure Committee  
 We are moving into Summer!! You decide the activities! Make sure to bring out some new activity ideas to your Committee!  
**Place: Church of the Holy Spirit (1170 Tynegrove Rd)** **Main Intersection: Burnhamthorpe Rd & Golden Orchard Dr, Mississauga**  
**Cost: Free** **Attendance Goal:15**  
**Members Only** **Subsidy: 7 August**

**Tuesday, 14 August 2018 @ 12:30pm LEADERS: Staff, Jill. J.**..... Cinestarz Movie Afternoon  
 Romance ....Thriller...Action...maybe Comedy??? Regardless of what movie is playing it's a great opportunity to spend some time with your F&A friends. We will be meeting in front of the theatre. **Make sure to bring \$5.00 cash to get into the movie. The movie theatre does not allow purchases on debit for under \$5.00.**  
**Place: Cine-Starz Mississauga (377 Burnhamthorpe Rd E)** **Main Intersection: Burnhamthorpe Rd & Central Pkwy E, Mississauga**  
**Cost: \$5:00** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 7 August**

**Thursday, 17 August 2018 @ 2:00pm LEADERS:Staff, Jill.J, Mariam.R.**..... Knitting/ Crafts/F&A Social  
 If you love creativity and would like to express your ideas and talents, come out and join us at the F&A Craft Afternoon/ Social !!  
**Place: Church of the holy spirit (1170 Tynegrove Rd)** **Main Intersection: Burnhamthorpe & Golden Orchard Dr, Mississauga**  
**Cost: Free** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 10 August**

**Wednesday, 22 August 2018 @ 2:00pm LEADERS: Staff, Mariam.R, Michelle.Y.**..... Potluck/Karoke  
 Come join F&A as we hear some great talent and have some great food. Please be sure to bring a food item  
**Place: Church of the holy spirit (1170 Tynegrove Rd)** **Main Intersection: Burnhamthorpe & Golden Orchard Dr, Mississauga**  
**Cost: Free** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 15 August**

**Monday, 27 August 2018 @ 2:00pm LEADERS: Staff, Ken.M, Michelle.Y.**..... Writing Club/Recovery Writing  
 If you love creativity and would like to express your ideas and talents, come out and join us at the F&A Creative Writing Afternoon/ Social !!!  
**Place: Church of the holy spirit (1170 Tynegrove Rd)** **Main Intersection: Burnhamthorpe & Golden Orchard Dr, Mississauga**  
**Cost: Free** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 20 August**

**AUGUST DUFFERIN ACTIVITIES**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Ice Cream Walk (7:00pm)
5	6 CIVIC HOLIDAY	7	8 Social & Leisure Committee / OPOC (11:00am)	9	10 BINGO (2:00pm)	11
12	13	14 Movie Night (5:30pm)	15	16	17	18 Angels Diner (6:00pm)
19	20	21	22 CSN Regional (1:00pm)  Small Talk (2:00pm)	23	24	25
26	27	28	29 DVD Afternoon (1:00pm)	30	31	

**Saturday, 4 August 2018 @ 7:00pm LEADERS: John. D, Angela. C** ..... Ice Cream Walk @ Mill Creek Gardens  
 Come out and join us for some great ice cream and great conversations!!  
**Place:** Mill Creek Gardens (3 Little York St, Orangeville, ON L9W 1L8) **Main Intersection:** Little York St & Mill St, Orangeville  
**Cost:** Transit Only **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:** 27 July

**Wednesday, 8 August 2018 @ 11:00am LEADERS:Staff, Ron. D, Rob. J.** ..... Social & Leisure Committee/ OPOC Day  
 Planning time in Dufferin. Come out and share new activity ideas at your Social & Leisure Committee.  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr., Orangeville  
**Cost:** Free **Attendance Goal:**15  
**Members Only** **Subsidy:** 1 August

**Friday, 10 August 2018 @ 2:00pm LEADERS: Rob. J, Sean. G** ..... BINGO  
 It's Bingo night in Brampton so why not come out for some fun, conversation and an evening spent with your friends!! Make sure to bring some extra change!!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr., Orangeville  
**Cost:** \$3.00 **Attendance Goal:** 10  
**Associate Members & Guests Welcome** **Subsidy:** 3 August

**Tuesday, 14 August 2018 @ 5:30pm LEADERS: Sean. G** ..... Movie Night @ Galaxy  
 Romance ....Thriller...Action...maybe Comedy??? Regardless of what movie is playing it's a great opportunity to spend some time with your F&A friends.  
**Place:** Galaxy Cinemas (85 5th Ave, Orangeville) **Main Intersection:** HWY 10 & 5<sup>th</sup> Avenue , Orangeville  
**Cost:** \$10.00 **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:** 7 August

**Saturday, 18 August 2018 @ 6:00pm LEADERS: Annette. S, Angela. C** ..... Angels Diner  
 Come out and share some laughs with your F&A friends & enjoy some food!  
**Place:** Angel's Diner (33 Broadway) **Main Intersection:** Fourth Street & Broadway, Orangeville  
**Cost:** Transit Only **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:** 10 August

**Monday, 22 August 2018 @ 1:00pm LEADERS: Staff** ..... CSN Regional Meeting  
 The CSN would like to hear your input about Mental Health Services in your area!!! Come out for a hearty discussion with Richard!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr., Orangeville  
**Cost:** Free **Attendance Goal:**10  
**Associate Members, Guests & Community Welcome** **Subsidy:**15 August

**Monday, 22 August 2018 @ 2:00pm LEADERS:Staff** ..... Small Talk  
 Come out & join us as we discuss all things movies. Best, Worst, Up coming.... we plan to have a fun filled talk covering it all!!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr., Orangeville  
**Cost:** Free **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:**15 August

**Wednesday, 29 August 2018 @ 1:00pm LEADERS: Annette. S** ..... DVD Afternoon  
 How about watching a movie? Sounds like a great way to spend some time with your F&A friends!!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr., Orangeville  
**Cost:** Free **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:**22 August

### AUGUST NORTH ETOBICOKE ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Social & Leisure Committee (1:30pm)	3	4
5	6 CIVIC HOLIDAY	7	8 Potluck / OPOC (1:30pm)	9	10 Centennial Park Day (1:00pm)	11
12	13 Karoke /Games & New Member Social (1:30pm)	14	15	16	17	18 Greet & Eat -McDonalds (4:00pm)
19	20	21 Book Club (1:30pm)	22	23	24 Panorama Park Picnic (1:00pm)	25
26	27 Café Games (5:00pm)	28	29	30 CSN Regional (1:30pm)	31	

- Thursday, 2 August 2018 @ 1:30pm LEADERS: Hannah H, Viola R, Denise H.** ..... Social & Leisure Committee  
 Planning time in Etobicoke. Come out and share new activity ideas at your Social & Leisure Committee.  
**Place:** Rexdale Community Hub (21 Panorama Court) **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** Free **Attendance Goal:**15  
**Members Only** **Subsidy:** 26 July
- Wednesday, 8 August 2018 @ 1:30pm LEADERS: Maharani K, Rowena A, Yolanda F.**..... Potluck/ OPOC  
 Music, Food & good company ! What more could a person ask for!! Don't miss out on this fun filled day! & don't forget to bring a food item!!  
**Place:**Rexdale Community Hub (21 Panorama Court) **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** Free **Attendance Goal:**15  
**Associate Members & Guests Welcome** **Subsidy:** 1 August
- Friday, 10 August 2018 @ 1:00pm LEADERS: Denise H, Jamie M.**..... Centennial Park Day  
 Come out and join us as the Mississauga and Etobicoke groups go for a walk & play sports at Centennial Park!! **We will be meeting at the intersection of Rathburn Rd and Elmcrest Rd this is closest intersection to the Centennial Park Conservatory. Be sure to bring a water bottle with you to keep hydrated!!**  
**Place:** Centennial Park (256 Centennial Park Rd) **Main Intersection:** Rathburn Road & Elmcrest Road, Etobicoke  
**Cost:** Free **Attendance Goal:**15  
**Associate Members & Guests Welcome** **Subsidy:** 3 August
- Monday, 13 August 2018 @ 1:30pm LEADERS: Viola R, Berma B, Frank G.**..... Karoke, Games / New Member Social  
 No matter which game we play, its always fun to spend time with your F&A Friends! We hope to see you there!  
**Place:** Rexdale Community Hub (21 Panorama Court) **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** Free **Attendance Goal:**15  
**Associate Members & Guests Welcome** **Subsidy:** 3 August
- Saturday, 18 August 2018 @ 4:00pm LEADERS: Rowena A, Jamie M, Viola R.** ..... Greet & Eat -McDonalds  
 Adult colouring books relieve stress and improve focus! Come out and join your F&A friends for this self care activity!!  
**Place:** McDonalds (2116 Kipling Ave) **Main Intersection:** Kipling Ave & Taber Rd, Etobicoke  
**Cost:** Transit Only **Attendance Goal:**15  
**Associate Members & Guests Welcome** **Subsidy:** 10 August
- Tuesday, 21 August 2018 @ 1:30pm LEADERS: Staff, Denise H, Debbie M.** ..... Book Club  
 Attention all Book Club Members, come out as we go over the next few stories and brainstorm!  
**Place:** Rexdale Community Hub (21 Panorama Court) **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** Free **Attendance Goal:**15  
**Associate Members & Guests Welcome** **Subsidy:** 14 August
- Friday, 24 August 2018 @ 1:00pm LEADERS: Maharani K, Hannah H, Jamie M, Yolanda F** ..... Panorama Park Picnic  
 Attention all members!! The weather is finally getting better and it's time to enjoy the warm weather while we can. Come out and join us for the Panorama Park Picnic.  
**We will be meeting at Gazebo in front of the Rexdale Community Hub.**  
**Place:** Rexdale Community Hub (21Panorama Court) **Main Intersection:** Kipling Ave & Panorama Court, Etobicoke  
**Cost:** Free **Attendance Goal:** 10  
**Associate Members & Guests Welcome** **Subsidy:** 17 August
- Monday, 27 August 2018 @ 5:00pm LEADERS: Rowena A, Jamie M, Frank G.,** ..... Café Games  
 Why not join us for lunch & a lightly competitive game of UNO !!! Cant wait to see everyone there! **Meet in front of Thai Express in the food court.**  
**Place:** Woodbine Centre - Food Court (500 Rexdale Blvd) **Main Intersection:** Rexdale & Hwy 27, Etobicoke  
**Cost:** Transit Only **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:** 20 August
- Thursday, 30 August 2018 @1:30pm LEADERS: Staff.** ..... CSN Regional  
 The CSN would like to hear your input about Mental Health Services in your area!!! Come out for a hearty discussion with Richard!  
**Place:** Rexdale Community Hub (21 Panorama Court) **Main Intersection:** Kipling & Dixie Rd, Etobicoke  
**Cost:** Free **Attendance Goal:**15  
**Associate Members , Guests, and Community welcome** **Subsidy:** 23 August