



**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!*



**JULY 2018**

**OFFICE CLOSED:**

Canada Day - July 2<sup>nd</sup>

**F&A GOVERNANCE IN ACTION:**

**/2018 COMMITTEE MEETINGS**

Fundraising Committee. . . . . Monday 16th @ 1:00pm  
By-Law & Policy Committee. . . . Monday 16<sup>th</sup> @ 2:00pm

**Regional Social & Leisure Committees:**

Dufferin.....Tuesday 3rd @ 11:00am  
North Etobicoke.....Thursday 5<sup>th</sup> @ 1:00pm  
Mississauga.....Monday 9th @ 2:00pm  
Brampton.....Monday 9th @ 7:00pm

**Regional Public Relations Committees:**

Mississauga. . . . . Monday 9<sup>th</sup> @ 3:00pm  
Brampton. . . . . Monday 9<sup>th</sup> @ 6:00pm

**YOUR BOARD WILL BE MEETING THIS MONTH**

Attention!! The Board of Directors Meeting will be taking place on Monday, 16 July @ 3:00pm! We encourage all Members of the Board to attend!

**WARM WEATHER /ACTIVITY CANCELLATION!**

Attention all members as we move into the summer months the weather will be getting hot. When stepping out of your home or attending F&A activities is it important to stay hydrated. Make sure you bring a water bottle & drink a lot of fluids!  
If you are unsure if an activity is still taking place due to extreme heat please call the office at 905-452-1002 to make sure the activity is still happening.



**MEMBER OF THE MONTH**

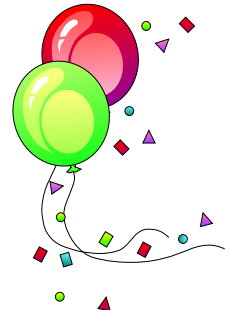
Phil B, Gerald L & Denise H have been awarded Member of the Month for always being there for Members, supporting, assisting leaders and encouraging members outside and during Friends & Advocates activities. **Congratulations Phil, Gerald & Denise !**

**KIL-A-METRE CLUB**

How about joining the Kil-A-Metre club. Just track how much you walk each month and call in your kilometres to Scott in the office at the end of the month! It is as easy as that!

**BIRTHDAY WISHES go out to:**

Suzanne B., Penny C., Donna-Marie C.,  
Ezio D., Hanine E., Katy F., Sierrah F.,  
Yolanda F., Grayson K., Mary M., Penny M.,  
Nadia N., Jennifer O., Dino P., Alex R.,  
Gilbert S., John S., Annette S., Owen S.,  
Amanda S., Paul S., Jamie W., Edward W.,  
Dave Y.,



**NEW MEMBER SOCIAL DAY - MISSISSAUGA**

**Monday, 23 July 2018 @ 2:00pm**

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.**

**GENERAL MEMBERS MEETING**

ATTENTION ALL F&A MEMBERS. Your GMM's are happening this month. We have adjusted this meeting in order to bring you the information on the operations of the organization on a Quarterly basis. Please make sure to attend this meeting as it is VERY important for the functioning of our organization. If you have any questions or concerns & would like to learn more about GMM's please give us a call at 905-452-1002. The meetings dates are as follows:

**During our April GMM we had a total of 75 Members attend within all 4 Areas!**

*We will celebrate Member Birthdays & have refreshments at this meeting!*

**Dufferin - Monday, 23 July 2018 @ 2:00pm**

**Brampton - Wednesday, 25 July 2018 @ 2:00pm**

**North Etobicoke - Friday, 27 July 2018 @ 1:30pm**

**Mississauga - Monday, 30 July 2018 @ 2:00pm**

## MINDFULNESS SMALL TALK

“Open the window of your mind. Allow the fresh air, new lights and new truths to enter.”

Mindfulness means maintaining a moment-by-moment focus of our thoughts, feelings, and surroundings, without judgement. We will be talking about mindfulness. There will be awesome activities like meditation and making your own stress ball.

**BRAMPTON** - Wednesday, 4 July @ 2:00pm

**ETOBICOKE** - Wednesday, 18 July @ 1:30pm

## 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 January 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!

**North Etobicoke:** Monday, 9 July, 1:30pm-3:30pm

**Dufferin:** Tuesday, 16 July - 1:30pm - 3:30pm

**Brampton:** Thursday, 19 July - 2:00pm - 4:00pm

**Mississauga:** Friday, 20 July - 2:00pm - 4:00pm

## VOLUNTEERS ARE WELCOME AT F&A

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

## UNO BANQUET - ETOBICOKE

Hip Hip Hooray!!! Congratulations to all those who came out to the Uno Tournament! Its time to celebrate your winners and have a good time!!! **If you did not register for the tournament but still would like to participate in the pizza party please bring \$5.00 to the activity**

## MISSISSAUGA ROTARY RIB FESTIVAL

Who is ready to have a good time? Mississauga is having their annual Rotary Rib Festival. Come out and join your F&A friends as we enjoy an evening full of good music, activities, food and entertainment on **Saturday, 14 July 2018 at 5:00pm**. Please remember to bring your \$2.00 to get into the festival.

**We will meet in front of the Celebration Square Entrance which is located at Duke of York Blvd & City Centre Drive.**

## 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, 10 July and 24 July at 1:30pm, at the office**. Call Scott to get more information about this RPG experience.

## F&A SOCIAL IN DUFFERIN

*Monday, 16 July 2018 @ 1:30pm*

Members are welcome to drop by and chat, bring lunch if you are by at that time. We will be doing Intakes with new members and OPOC will be available for anyone who wants to complete that Survey. You are welcome to stay for a while or for time your choice. Cant wait to see you there!!

## ACHOOO! SNIFFLE! COUGH - COUGH!!

As the weather changes it is inevitable that people will catch the cold or flu. Please be vigilant about washing your hands and practice your daily hygiene. If you are sick please do not attend activities. We strongly urge you to be in contact with Emelyn if this affects your ability to maintain your 2 activity commitment.



## HAVE AN F&A-TASTIC DAY!

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### 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/csnyouth**

**http://www.facebook.com/csnew**

### 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 JULY 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.

### JULY BRAMPTON ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>OFFICE CLOSED</b>	3 <b>Chinguacousy Park Walk (2:00pm)</b>	4 <b>Small Talk W/ Christine (2:00pm)</b>	5	6 <b>Café Night McDonalds (6:00pm)</b>	7
8	9 <b>Public Relations Committee (6:00pm)</b>  <b>Social &amp; Leisure Committee (7:00pm)</b>	10 <b>Pathfinder session 11 (1:30pm)</b>	11	12 <b>Shoppers World Mall Walk (1:00pm)</b>	13	14 <b>Movie Afternoon (2:00pm)</b>
15 <b>Craft Afternoon (1:00pm)</b>	16 <b>Fundraising committee (1:00pm)</b>  <b>By-Law &amp; Policy Committee (2:00pm)</b>  <b>Board of Directors (3:00pm)</b>	17	18 <b>Harbourside Fish &amp; Chips Lunch (1:30pm)</b>	19 <b>Calender Day/OPOC Day (2:00pm)</b>	20	21
22	23	24 <b>Pathfinder Session 12 (1:30pm)</b>	25 <b>General Members Meeting (2:00pm)</b>  <b>Adult Colouring (6:00pm)</b>	26 <b>Volunteer Checkin (4:30pm)</b>	27	28 <b>Creative Writing (1:00pm)</b>
29 <b>BINGO (2:30pm)</b>	30	31				

**Tuesday, 3 July 2018 @ 2:00pm LEADERS: Warren S.** ..... Chinguacousy Park Walk  
 Come and join us at the beautiful Chinguacousy park for an adventurous walk . We will be meeting by the Snack Bar  
**Place: Chinguacousy Park (9050 Bramalea Rd)** **Main Intersection: Queen & Bramalea, Brampton**  
**Cost: Transit Only** **Attendance Goal:7**  
**Associate Members & Guests Welcome** **Subsidy: 26 June**

**Wednesday, 4 July 2018 @ 2:00pm LEADERS: Staff.** ..... Mindfulness Small Talk  
 Come and learn about mindfulness let's focus on the present moment and make stress balls!  
**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: 27 June**

**Friday, 6 July 2018 @ 6:00pm LEADERS: Corrine M, Sam M.** ..... Café Night McDonalds  
 Come out and join us for some coffee and light conversations.  
**Place: McDonalds (344 Queen St E)** **Main Intersection: Queen & Rutherford, Brampton**  
**Cost: Transit Only** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 29 June**

**Monday, 9 July 2018 @ 6:00pm LEADERS:Staff.** ..... Public Relations Committee  
 PR needs your ideas, input and help. Come on out, scream and shout.  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal:15**  
**Members only** **Subsidy: 3 July**

**Monday, 9 July 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 & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal:15**  
**Members Only** **Subsidy: 3 July**

**Tuesday, 10 July 2018 @1:30pm LEADERS:Staff** ..... **Pathfinder Session 11**  
 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**  
**Members Only** **Subsidy: 3 July**

**Thursday, 12 July 2018 @ 1:00pm LEADERS: Meaghan A.**..... **Shoppers world Mall Walk**  
 Come out and explore Shoppers World with F&A . We will be meeting at the entrance near oceans.  
**Place: Shoppers World (499 Main St S)** **Main Intersection: Steeles & Main St S, Brampton**  
**Cost: Transit Only** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 5 July**

**Saturday, 14 July 2018 @ 2:00pm LEADERS: Sam M, Yvonne V.**..... **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.  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal:5**  
**Associate Members & Guests Welcome** **Subsidy: 6 July**

**Sunday, 15 July 2018 @ 1:00pm LEADERS:Amanda S, Shirley S.**..... **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 & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal:6**  
**Associate Members & Guests Welcome** **Subsidy: 6 July**

**Monday, 16 July 2018 @ 1:00pm LEADERS:Staff** ..... **Fundraising Committee**  
 We need your support at this months Fundraising Committee Meeting. Share your ideas & get on board with ongoing fundraising initiatives!!  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal:10**  
**Members only** **Subsidy: 9 July**

**Monday, 16 July 2018 @ 2:00pm LEADERS: Staff**..... **By Law Policy Committee**  
 Come out & Support the Committee as we review new & existing policies!  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal:10**  
**Members Only** **Subsidy: 9 July**

**Monday, 16 July 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 E Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal:10**  
**Board Members Only** **Subsidy: 9 July**

**Wednesday, 18 July 2018 @1:30pm LEADERS: Warren S, Shirley S.**..... **HarbourSide Fish & Chips Lunch**  
 Come out and join us for some light conversations and amazing fish & chips !!  
**Place: Harbourside Fish & Chips (180 Sandalwood Pkwy E)** **Main Intersection: Kennedy Rd & Sandalwood Pkwy, Brampton**  
**Cost: Transit Only** **Attendance Goal: 12**  
**Associate Members & Guests Welcome** **Subsidy: 11 July**

**Thursday, 19 July 2018 @ 2:00pm LEADERS: Staff**..... **Calender Day/OPOC DAY**  
 Teamwork divides the task and multiplies the success. We need you on our F&A team while we put together the Calendar!! You can also fill out an OPOC today.  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 15**  
**Associate Members & Guests Welcome** **Subsidy: 12 July**

**Tuesday, 24 July 2018 @1:30 pm LEADERS: Staff**..... **Pathfinder Session 12**  
 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:7**  
**Members Only** **Subsidy: 17 July**

**Wednesday, 25 July 2018 @ 2:00pm LEADERS: Staff, Yvonne V.**..... **General Members Meeting**  
 We encourage all members to come out & learn about what's happening in the Organization!!  
**Place: Grace United Church (156 Main St.N)** **Main Intersection: Queen St & Main St, Brampton**  
**Cost: Free** **Attendance Goal:40**  
**Members only** **Subsidy: 18 July**

**Wednesday, 25 July 2018 @ 6:00pm LEADERS: Meaghan 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)** **Main Intersection: Queen St & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 18 July**

**Thursday, 26 July 2018 @ 4:30pm LEADERS: Staff** ..... **Volunteer Check in**  
 We Request all Volunteers to come out today & touch base with the Volunteer Coordinator May!  
**Place: Friends & Advocates Office (239 Queen St E Unit 6)** **Main Intersection: Queen St & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 5**  
**Volunteers Only** **Subsidy: N/A**

**Saturday, 28 July 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)** **Main Intersection: Queen St & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal:8**  
**Associate Members & Guests Welcome** **Subsidy: 20 July**

**Sunday, 29 July 2018 @ 2:30pm LEADERS: Sam M, Corrine M.**..... **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 & Kennedy, Brampton**  
**Cost: \$3.00** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 20 July**

**JULY MISSISSAUGA ACTIVITIES**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>OFFICE CLOSED</b>	3	4	5	6	7 <b>Riverwood Park Walk (2:30pm)</b>
8	9 <b>Social &amp; Leisure Committee (2:00pm)</b>  <b>Public Relations Committee (3:00pm)</b>	10	11	12	13	14 <b>Ribfest (5:00pm)</b>
15	16	17	18 <b>Zumba Celebration Square (6:30pm)</b>	19	20 <b>Karoke / OPOC DAY (2:00pm)</b>	21
22	23 <b>New Member Social (2:00pm)</b>	24	25 <b>Yoga Celebration Square (6:30pm)</b>	26	27	28
29 <b>Greet &amp; Eat/ Talk (3:00pm)</b>	30 <b>General Members Meeting (2:00pm)</b>	31				

**Saturday, 7 July 2018 @ 2:30pm LEADERS: Jill.J , Norma.G.L.**..... **Riverwood Park Walk**  
 Come and join F&A as we take a stroll through the beautiful Riverwood park !! **We will be meeting at the front entrance of the park**  
**Place: Riverwood Park (Riverwood Park Ln)** **Main Intersection: Burnhamthorpe Rd & Riverwood Ln, Mississauga**  
**Cost: Transit Only** **Attendance Goal:7**  
**Associate Members & Guests Welcome** **Subsidy: 29 June**

**Monday, 9 July 2018 @ 2:00pm LEADERS:Staff, Marissa.F.**..... **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 & Dixie Rd, Mississauga**  
**Cost: Free** **Attendance Goal:15**  
**Members Only** **Subsidy: 3 July**

**Monday, 9 July 2018 @ 3:00pm LEADERS: Staff**..... **Public Relations Committee**  
 Come and help the PR Committee plan a community event for August. We would love to hear from you  
**Place: Church of The Holy Spirit (1170 Tynegrove Rd)** **Main Intersection: Burnhamthorpe Rd & Dixie Rd, Mississauga**  
**Cost: Free** **Attendance Goal: 15**  
**Members Only** **Subsidy: 3 July**

**Saturday, 14 July 2018 @ 5:00pm LEADERS: Ken M, Jill J.** ..... Ribfest  
 Come out and enjoy the summer weather and some ribs !! We will be meeting at the light house near Port Credit Memorial Park  
**Place: Port Credit (Lakeshore Rd W)** ..... Main Intersection: Lakeshore Rd W & Front St, Port Credit, Mississauga  
**Cost: \$2.00** ..... Attendance Goal:10  
**Associate Members & Guests Welcome** ..... Subsidy: 6 July

**Wednesday, 18 July 2018 @ 6:30pm LEADERS: Michelle Y, Rob K.** ..... Zumba Celebration Square  
 Join us at Celebration Square to participate in Zumba 101. Meet at the café in the art gallery building  
**Place: Celebration Square (300 City Centre Dr)** ..... Main Intersection: Burnhamthorpe Rd & Duke Of Blvd, Mississauga  
**Cost: Transit Only** ..... Attendance Goal:8  
**Associate Members & Guests Welcome** ..... Subsidy: 11 July

**Friday, 20 July 2018 @ 2:00pm LEADERS: Staff, Michelle Y.** ..... Karoke/OPOC DAY  
 Join F&A as we showcase our singing talents @ Karoke. You can fill out an OPOC today.  
**Place: The Church of The Holy Spirit (1170 Tynegrove Rd)** ..... Main Intersection: Burnhamthorpe Rd & Dixie Rd, Mississauga  
**Cost: Free** ..... Attendance Goal: 11  
**Associate Members & Guests Welcome** ..... Subsidy: 13 July

**Monday, 23 July 2018 @ 2:00pm LEADERS: Staff.** ..... New Member Social  
 This is an opportunity for our New Members to come out, meet the staff, ask questions & learn more about F&A!  
**Place: The Church of The Holy Spirit (1170 Tynegrove Rd)** ..... Main Intersection: Burnhamthorpe Rd & Dixie Rd, Mississauga  
**Cost: Free** ..... Attendance Goal:15  
**New Members Only** ..... Subsidy: 16 July

**Wednesday, 25 July 2018 @ 6:30pm LEADERS: Michelle Y.** ..... Yoga Celebration Square  
 Join us at Celebration Square to participate in some fun, light yoga. Meet at the Café in the art gallery building.  
**Place: Celebration Square (300 City Centre Dr)** ..... Main Intersection: Burnhamthorpe Rd & Duke Of Blvd, Mississauga  
**Cost: Transit Only** ..... Attendance Goal: 8  
**Associate Members & Guests Welcome** ..... Subsidy: 18 July

**Sunday, 29 July 2018 @ 3:00pm LEADERS: Ken M, Marissa F.** ..... Swiss Chalet Greet & Eat/Talk  
 Come out and join us at Swiss chalet for some great food and great conversations!!  
**Place: Swiss Chalet (4555 Hurontario S)** ..... Main Intersection: Hurontario St & Eglinton Ave W, Mississauga  
**Cost: Transit Only** ..... Attendance Goal:6  
**Associate Members & Guests Welcome** ..... Subsidy: 20 July

**Monday, 30 July 2018 @ 2:00pm LEADERS: Staff.** ..... General Members Meeting  
 We encourage all members to come out & learn about what is happening in the Organization  
**Place: The Church of The Holy Spirit (1170 Tynegrove Rd)** ..... Main Intersection: Burnhamthorpe Rd & Dixie Rd, Mississauga  
**Cost: Free** ..... Attendance Goal:16  
**Members Only** ..... Subsidy: 23 July

**JULY DUFFERIN ACTIVITIES**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 OFFICE CLOSED	3 Social & Leisure (11:00am)	4	5	6	7
8	9	10	11 Small Talk Coping with Stress (2:00pm)	12	13	14 Greet & Eat McDonald (5:00pm)
15	16 F&A Social/ OPOC DAY(1:30pm)	17	18	19	20 DVD Afternoon (2:00pm)	21
22	23 General Members Meeting (2:00pm)	24	25	26	27	28
29	30 Alder Arena Café + Walk (1:00pm)	31				

**Tuesday, 3 July 2018 @ 11:00am LEADERS: Staff, Sean G, Angela C.** ..... 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: Edelbrock centre (30 Centre St)** ..... Main Intersection: Centre St & Hillside Dr, Orangeville  
**Cost: Free** ..... Attendance Goal:10  
**Members Only** ..... Subsidy:26 June

**Wednesday, 11 July 2018 @ 2:00pm LEADERS: Angela C, Ron D..... Small Talk Coping With Stress**  
 We will have a light conversation regarding coping with stress and the importance of it.  
**Place: Edelbrock Centre (30 Centre St)** **Main Intersection: Centre St & Hillside Dr, Orangeville**  
**Cost: Free** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 4 July**

**Saturday, 14 July 2018 @ 5:00pm LEADERS: Annette S, John D..... Greet & Eat McDonald**  
 Come out and Join us as we have some good food and fun conversations !!  
**Place: McDonalds (23 Broadway, Orangeville)** **Main Intersection: Broadway & Townline , Orangeville**  
**Cost: Transit Only** **Attendance Goal: 10**  
**Associate Members & Guests Welcome** **Subsidy: 6 July**

**Monday, 16 July 2018 @ 1:30pm LEADERS: Sean G, John D..... F&A Social/ OPOC Day**  
 We will be doing Intakes onsite!! Come out & Join your Friends for games, socialization and much more!! Please schedule your intake with staff prior to activity.  
**Place: Edelbrock Centre (30 Centre St)** **Main Intersection: Centre St & Hillside Dr, Orangeville**  
**Cost: Free** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy: 9 July**

**Friday, 20 July 2018 @ 2:00pm LEADERS: Annette S, Rob J..... DVD 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.  
**Place: Edelbrock Centre (30 Centre St)** **Main Intersection: Centre St & Hillside Dr, Orangeville**  
**Cost: Free** **Attendance Goal:10**  
**Associate Members & Guests Welcome** **Subsidy:13 July**

**Monday, 23 July 2018 @ 2:00pm LEADERS: Staff, Rob J, Ron D..... General Members Meeting**  
 We encourage all members to come out & learn about what is happening in the Organization  
**Place: Edelbrock Centre (30 Centre St)** **Main Intersection: Centre St & Hillside Dr, Orangeville**  
**Cost: Free** **Attendance Goal:10**  
**Members Only** **Subsidy: 16 July**

**Monday, 30 July 2018 @ 1:00pm LEADERS: Annette S, John D..... Alder Arena Café + Walk**  
 Come out and & Join us for a walk/ café Afternoon! Can't wait to see you there!!  
**Place: Alder Street Arena (275 Alder St)** **Main Intersection: Riddell Rd & Alder St, Orangeville**  
**Cost: Free** **Attendance Goal:15**  
**Associate Members & Guests Welcome** **Subsidy:23 July**

**JULY NORTH ETOBICOKE ACTIVITIES**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 OFFICE CLOSED	3	4	5 Social & Leisure Committee (1:00pm)  Uno Banquet (2:00pm)	6	7
8	9 Adult Colouring / OPOC Day (1:30pm)	10	11	12	13 Humber Arboretum Picnic (1:00pm)	14
15	16	17 Movie After noon @ Imagine Cinema (12:30pm)	18 Mindfulness Small Talk (1:30pm)	19	20	21 Cafe Afternoon (4:30pm)
22	23	24 BINGO (1:30pm)	25	26	27 General Members Meeting(1:30pm)	28
29	30 Book Club (1:30pm)	31				

**Thursday, 5 July 2018 @ 1:00pm LEADERS:Staff, Yolanda F, Hannah H..... 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: Rexdale Community Hub (21 Panorama Court)** **Main Intersection: Kipling & Panorama, Etobicoke**  
**Cost: Free** **Attendance Goal: 15**  
**Members Only** **Subsidy: 28 June**

- Thursday, 5 July 2018 @ 2:00pm LEADERS:Staff, Rowena A, Berma B.**..... Uno Banquet  
Come out and celebrate the winners of the uno tournament with some pizza, games, and music!!  
**Place:** Rexdale Community Hub (21 Panorama Court) . **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** \$5.00 **Attendance Goal:** 15  
**Associate members & Guest Welcome** **Subsidy:** 28 June
- Monday, 9 July 2018 @ 1:30pm LEADERS: Denise H, Debbie M, Viola R.** ..... Adult Colouring/ OPOC Day  
Adult colouring books relieve stress and improve focus! Come out and join your F&A friends for this self care activity!!  
**Place:** Rexdale Community Hub (21 Panorama Court) . **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** Free **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:** 3 July
- Friday, 13 July 2018 @ 1:00pm LEADERS: Jamie M, Maharani K, Frank G.** ..... Humber Arboretum 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 Humber Arboretum Walk. We will be meeting at the Humber College Bus Terminal stop for bus 191 North it is located on Humber College Blvd and Arboretum Road, and proceeding for the walk at 1:10pm!  
**Place:** Humber Arboretum (205 Humber College Blvd) **Main Intersection:** Humber College Blvd & Hwy 27, Etobicoke  
**Cost:** Transit Only **Attendance Goal:**15  
**Associate Members & Guests Welcome** **Subsidy:** 6 July
- Tuesday, 17 July 2018 @ 12:30pm LEADERS: Frank G, Jamie M, Yolanda F.** ..... Movie Afternoon @ Imagine Cinema  
Come out and join F&A as we watch a new exciting movie at the cinema !! We will be meeting at the front entrance of cinema, underneath the food court in the mall.  
**Place:** Imagine Cinema Woodbine (500 Woodbine Shopping Centre) **Main Intersection:** Rexdale Blvd & Hwy 27, Etobicoke  
**Cost:**\$6.00 +Tax **Attendance Goal:** 10  
**Associate Members & Guests Welcome** **Subsidy:** 10 July
- Wednesday, 18 July 2018 @ 1:30 LEADERS:Staff, Chandra D, Maharani K.**..... Mindfulness Small Talk  
Come and learn about mindfulness let's focus on the present moment and make stress balls!  
**Place:** Rexdale Community Hub (21 Panorama Court) **Main Intersection:** Kipling & Dixie Rd, Etobicoke  
**Cost:** Free **Attendance Goal:** 10  
**Associate Members & Guests Welcome** **Subsidy:** 11 July
- Saturday, 21 July 2018 @ 4:30pm LEADERS: Denise H, Jamie M, Frank G.** ..... Café Games Afternoon  
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:** 13 July
- Tuesday, 24 July 2018 @ 1:30pm LEADERS: Chandra D, Viola R, Rowena A.** ..... 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:** Rexdale Community Hub (21 Panorama Court) **Main Intersection:** Kipling & Dixie Rd, Etobicoke  
**Cost:**\$3.00 **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:** 17 July
- Friday, 27 July 2018 @ 1:30pm LEADERS:Staff, Hannah H, Jamie M.** ..... General Members Meeting  
We encourage all members to come out & learn about what is happening in the Organization  
**Place:** Rexdale Community Hub (21 Panorama Court) **Main Intersection:** Kipling & Dixie Rd, Etobicoke  
**Cost:** Free **Attendance Goal:**10  
**Members Only** **Subsidy:** 20 July
- Monday, 30 July 2018 @ 1:30pm LEADERS:Staff, Rowena A, Chandra D.** ..... 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 & Dixie Rd, Etobicoke  
**Cost:** Free **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:** 23 July