



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

Your Community Adult Social Rehabilitation Organization  
SOCIAL REHABILITATION is the ANSWER!



**NOVEMBER 2017**

**IMPORTANT DATES:**

**Sunday, 5 November 2017** - Daylight Saving Time Ends, Clocks turn back 1 Hour

**Saturday, 11 November 2017** - Remembrance Day

**F&A GOVERNANCE IN ACTION:**  
**/2017 COMMITTEE MEETINGS**

Fundraising Committee. . . . . Monday 13<sup>th</sup> @ 1:00pm  
By-Law & Policy Committee. . . . Monday 13<sup>th</sup> @ 2:00pm

**Regional Social & Leisure Committees:**

Dufferin. . . . . Wednesday 1<sup>st</sup> @ 11:00am  
North Etobicoke. . . . . Thursday 2<sup>nd</sup> @1:00pm  
Mississauga. . . . . Monday 6<sup>th</sup> @2:00pm  
Brampton. . . . . Monday 6<sup>th</sup> @ 7:00pm

**Regional Public Relations Committees:**

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

**ROYAL WINTER FAIR DAY TRIP**

**Friday, 10 November 2017**

The Royal Agricultural winter fair is an opportunity to enjoy fresh food and learn about what grows in our own backyard. It will be a chance to socialize, while bringing a little bit of country to the downtown core. Hope to see you there!

Members from the following service areas can register with staff on activity dates below:

**Mississauga:** Oct: 10, 16, 20, 23, 27, 30 Nov: 3

**Dufferin:** Oct: 10, 17, 20, 27, 30 Nov: 1

**North Etobicoke:** Oct: 12, 18, 20, 24, 31 Nov: 2

Brampton members can come to the office to register.  
**Member Registration begins: Tuesday, 10 October.**  
**Guest registration begins Friday, 27 October.**  
**The last day to register is Friday, 3 November.**

Members:\$5.00, Associate Members:\$10.00, Guests:\$15.00  
**PLEASE PAY AS SOON AS POSSIBLE, YOU ARE ONLY REGISTERED WHEN YOU PAY**

**BIRTHDAY WISHES go out to:**

Meeghan A., Shira A., Mercedes A., Diane B., Grace C., Jay F., Marisa F., Wyatt H., Deborah-Lynn J., Mark J., Jerome J., Nagina K., Edgar L., Debbie M., Sabrina M., Kenneth M., Angelina P., Simran P., Alvio R., Seta S., Jonathan S., Glen S., Patti S., Ranbir U., Ann-Marie W., Christine W., Debbie W.



**YOUR BOARD WILL BE MEETING THIS MONTH**

Attention!! The Board of Directors Meeting will be taking place on Monday, 13 November 2017 at 3:00pm! We encourage all Members of the Board to attend!

**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 Andrea if this affects your ability to maintain your 2 activity commitment.

**STOMP - BRUSH - ENTER**

Attention all members. Winter is Here Again! We ask that all members and their guests do their best to brush and stomp all the snow off, before entering the office or community spaces

**WII BOWLING LEAGUE - BRAMPTON**

November 3, 2017 - December 15, 2017

Come out and have a blast by joining our Fall, Wii Bowling League. The league will run for 6 weeks in Brampton every Fridays from 4:30pm - 6:30pm. There will be prizes and a banquet dinner for all participants. The cost to participate in the league is \$10.00 and don't forget to provide your shirt size upon registration.

**WII BOWLING LEAGUE - DUFFERIN**

November 6, 2017 - December 18, 2017

Come out and have a blast by joining our Fall, Wii Bowling League. The league will run for 6 weeks in Dufferin every Monday from 1:00pm -3:00pm. There will be prizes and a banquet dinner for all participants. The cost to participate in the league is \$10.00 and don't forget to provide your shirt size upon registration.

## CHRISTMAS IS COMING!

Make sure you look for the Date/Time/Place for the F&A CHRISTMAS PARTY, in DECEMBER's NEWS-A-PEEL. This Event will fill up quickly, if history is any judge. When you see the Invitation, act to secure your seat at the F&A CHRISTMAS PARTY asap!

## 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 November 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 to find out how!

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

**Mississauga:** Friday, 24 November - 1:30pm - 4:30pm

**Dufferin:** Thursday, 16 November - 2:00pm - 4:00pm

**North Etobicoke:** Friday, 24 November - 1:30pm- 3:30pm

## 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.

## KIL-A-METRE CLUB

Enjoy walking, jogging or running? 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!

## F&A SOCIAL IN MISSISSAUGA & DUFFERIN

*Dufferin - Thursday, 16 November from 2:00 - 4:30pm*

*Mississauga-Friday, 24 November from 1:30pm - 4:00pm*

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!!

## 5 PIN BOWLING - MISSISSAUGA

*Tuesday, 30 November 2017 - 1:30pm*

Come out to the highly anticipated 5 Pin Bowling from 1:30pm - 3:30pm at Streetsville Bowling.

The cost of the tournament is \$10.00, this will cover, two games & shoe rental.

**The Bowling ally is a NON-ACCESSIBLE ACTIVITY**  
Call office for more information at (905)-452-1002.

## PUBLIC RELATIONS COMMITTEE NOW STARTING IN MISSISSAUGA!

Attention Mississauga members! Join us this month for our first Public Relations Committee happening on **Monday, 6 November @ 3pm!** We'd love to have you there to get your ideas on ways to increase our Mississauga membership!

## LEADERSHIP TRAINING IN DUFFERIN!

If you are interested in taking part in this round of the Friends & Advocates: Leadership Training Program or are interested in finding out what it is all about, this is a mandatory meeting for you. Please come out to the Leadership Training Orientation on **November 29<sup>th</sup> at 1:30pm** The benefit of becoming an F&A Leader is the opportunity for you to have more planned activities each month in your Dufferin News- A-Peel. Training is open to all members but will be held at the Edelbrock Centre. If you have any questions please feel free to call Andrew at the office. Further details can be found in this month's News-A-Peel. We hope to see you there!!

## 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

#### NOVEMBER 2017

- 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.

#### NOVEMBER BRAMPTON ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Paranormal Talk Part 2 (6:00pm)</b>	2	3 <b>Wii League Week 1 (4:30pm)</b>	4 <b>Creative Writing (1:00pm)</b>
5	6 <b>Public Relations Committee (6:00pm)</b>  <b>Social &amp; Leisure Committee (7:00pm)</b>	7 <b>Theatre Company (2:00pm)</b>	8 <b>Adult Colouring (6:00pm)</b>	9	10 <b>Royal Winter Fair Day Trip</b>	11
12	13 <b>Fundraising Committee (1:00pm)</b>  <b>By-Law &amp; Policy Committee (2:00pm)</b>  <b>Board of Directors (3:00pm)</b>	14 <b>Theatre Company (2:00pm)</b>	15	16 <b>Calendar Day/ OPOC Day (2:00pm)</b>	17 <b>Wii League Week 2 (4:30pm)</b>	18 <b>Santa Clause Parade (4:00pm)</b>
19	20	21 <b>Theatre Company (2:00pm)</b>  <b>Craft Night (6:00pm)</b>	22	23	24 <b>Wii League Week 3 (4:30pm)</b>	25 <b>Movie Afternoon (3:00pm)</b>
26	27	28 <b>Theatre Company (2:00pm)</b>	29	30 <b>Pictionary Night (6:00pm)</b>		

**Wednesday, 1 November 2017 @ 6:00pm LEADERS: Crystal S, Staff**..... Paranormal Talk Part 2  
 Let's talk about ghosts, goblins, haunted houses and much more! **Warning: If you are negatively effected by topics such topics this may not be for you!**  
**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: 25 October**

**Friday, 3 November 2017 @ 4:30pm LEADERS: Staff**..... Wii Bowling - Week 1  
 Today is the first week of the Wii Bowling League. If your not registered to play you can come out, watch, and share in the social aspect of the activity!  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: \$10:00 - Only registered participants can bowl** **Attendance Goal: 15**  
**Associate Members & Guests Welcome** **Subsidy: 27 October**

**Saturday, 4 November 2017 @ 1:00pm LEADERS: Shirley S, Jason D.**..... 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 & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal:7**  
**Associate Members & Guest Welcome** **Subsidy: 27 October**

**Monday, 6 November 2017 @ 6:00pm LEADERS: Staff**..... Public Relations Committee  
 November is chilly and the trees are bare. F&A is headed to the Royal Winter Fair. This month holds special importance because of Remembrance day. Help support PR in your best way.  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 12**  
**Members Only** **Subsidy: 30 October**

**Monday, 6 November 2017 @ 7:00pm LEADERS: Staff** ..... **Social & Leisure Committee**  
 If you could do one thing in Brampton with F&A what would it be?? Now bring your answer to that question out to your Social & Leisure Committee meeting!  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 12**  
**Members Only** **Subsidy: 30 October**

**Tuesday, 7 November 2017 @ 2:00pm LEADERS: Staff** ..... **Theatre Company**  
 The Play is the thing! It is still the thing we are working to get done, rewrites and changes are the norm at this point! You can still join in, don't delay!  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Members Only** **Subsidy: 31 October**

**Wednesday, 8 November 2017 @ 6:00pm LEADERS: Meeghan A, Yvonne V** ..... **Adult Colouring**  
 Colouring is therapeutic and can help generate wellness, quietness, & mindfulness, the exact same benefits which meditation has on the brain.  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Associate Members & Guests Welcome** **Subsidy: 1 November**

**Friday, 10 November 2017 LEADERS: Staff** ..... **Royal Winter Fair - Day Trip**  
 Enjoy fresh food & learn about what grows in our own backyard. It's a chance to socialize, while bringing a little bit of country to the downtown core. See you there!  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: \$5.00, Associate Members: \$10.00, Guests: \$15.00** **Attendance Goal: 70**  
**Associate Members & Guests Welcome** **Subsidy: 3 November**

**Monday, 13 November 2017 @ 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: 6 November**

**Monday, 13 November 2017 @ 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 East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Members Only** **Subsidy: 6 November**

**Monday, 13 November 2017 @ 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: 6 November**

**Tuesday, 14 November 2017 @ 2:00pm LEADERS: Staff** ..... **Theatre Company**  
 Opening Night is looming we need all our players to prepare. Our play may be a solid hit but we can always make it better.  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Members Only** **Subsidy: 7 November**

**Thursday, 16 November 2017 @ 2:00pm LEADERS: Yvonne V, Staff** ..... **Calendar Day/OPOC DAY**  
 Who is excited to put the December News-A-Peel together? Come put and help us Stack, Staple, Fold, Stuff and Seal!! You will also get a chance to fill out an OPOC!  
**Place: Friends & Advocates Office (239 Queen Street East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Members Only** **Subsidy: 9 November**

**Friday, 17 November 2017 @ 4:30pm LEADERS: Staff** ..... **Wii Bowling - Week 2**  
 The Wii Bowling League is in full swing now... Every Strike counts as we move into week 2!!  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Only registered participants can bowl** **Attendance Goal: 15**  
**Associate Members & Guests Welcome** **Subsidy: 10 November**

**Saturday, 18 November 2017 @ 4:00pm LEADERS: Shirley S, Amanda S** ..... **Santa Clause Parade**  
 HO! HO! HO! Come out & join your fellow members as we head out to the Santa Clause Parade ! We will be meeting at Gage Park in front of the Gazebo!  
**Place: Gage Park (45 Main St S. In front of the Gazebo)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Associate Members & Guests Welcome** **Subsidy: 10 November**

**Tuesday, 21 November 2017 @ 2:00pm LEADERS: Staff** ..... **Theatre Company**  
 Opening Night is looming we need all our players to prepare. Our play may be a solid hit but we can always make it better.  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Main & Wellington, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Members Only** **Subsidy: 14 November**

**Tuesday, 21 November 2017 @ 6:00pm LEADERS: Corrine M, Sam M** ..... **Craft Night**  
 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 East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 6**  
**Associate Members & Guests Welcome** **Subsidy: 14 November**

**Friday, 24 November 2017 @ 4:30pm LEADERS: Staff** ..... Wii Bowling - Week 3  
 The Wii Bowling League is in full swing now... Week 3 is the time to step up your game and take your skill & score to the next level!!  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Only registered participants can bowl** **Attendance Goal: 15**  
**Associate Members & Guests Welcome** **Subsidy: 17 November**

**Saturday, 25 November 2017 @ 3:00pm LEADERS: Warren S, Sam M** ..... Movie Afternoon  
 Why not come out & enjoy a movie with your friends! We have a wide variety of choices at the office!  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 6**  
**Associate Members & Guests Welcome** **Subsidy: 17 November**

**Tuesday, 28 November 2017 @ 2:00pm LEADERS: Staff** ..... Theatre Company  
 Opening Night is looming we need all our players to prepare. Our play may be a solid hit but we can always make it better.  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 10**  
**Members Only** **Subsidy: 21 November**

**Thursday, 30 November 2017 @ 6:00pm LEADERS: Meaghan A, Jason S** ..... Pictionary Night  
 Is it a car, a truck or a van? Come out & join us for a night of pictionary!  
**Place: Friends & Advocates Office (239 Queen St East, Unit 6)** **Main Intersection: Queen & Kennedy, Brampton**  
**Cost: Free** **Attendance Goal: 6**  
**Associate Members & Guests Welcome** **Subsidy: 23 November**

### NOVEMBER MISSISSAUGA ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Movie Afternoon (2:00pm)	4
5	6 Social & Leisure Committee (2:00pm)  Public relations Committee (3:00pm)	7	8 Port Credit Walk (1:00pm)	9	10 Royal Winter Fair Day Trip	11 Stress Relief & Meditation - Mississauga Central Library (1:30pm)
12	13 Adult Colouring (2:00pm)	14	15	16	17 Demetre Café/ Walk (1:00pm)	18
19	20	21	22 Sunset Grill at Port Credit (11:00am)	23	24 F&A Social & BINGO/ OPOC DAY (1:30pm)	25 Café /Christmas in Streetsville (2:00pm)
26	27	28 Writing Group (2:00pm)	29	30 Streetsville Bowling(1:30pm)		

**Friday, 3 November 2017 @ 2:00pm LEADERS: Michelle Y, Norma G-L** ..... Movie Afternoon  
 What movie will it be? Regardless of what movie is playing it's a great opportunity to spend some time with your F&A friends.  
**Place: Church of the Holy Spirit (1170 Tynegrove)** **Main Intersection: Burnhamthorpe & Golden Orchard, Mississauga**  
**Cost: Free** **Attendance Goal: 12**  
**Associate Members & Guests Welcome** **Subsidy: 27 October**

**Monday, 6 November 2017 @ 2:00pm LEADERS: Robert K** ..... Social & Leisure Committee  
 Planning time in the City of Mississauga. Come out and share new activity ideas at your Social & Leisure Committee.  
**Place: Church of the Holy Spirit (1170 Tynegrove)** **Main Intersection: Burnhamthorpe & Golden Orchard, Mississauga**  
**Cost: Free** **Attendance Goal: 8**  
**Members Only** **Subsidy: 30 October**

**Monday, 6 November 2017 @ 3:00pm LEADERS: Robert K** ..... Public Relations Committee  
 Attention Mississauga! You asked we listened !! Come out to our first PR committee as we get your orientated!!  
**Place: Church of the Holy Spirit (1170 Tynegrove)** **Main Intersection: Burnhamthorpe & Golden Orchard, Mississauga**  
**Cost: Free** **Attendance Goal: 8**  
**Members Only** **Subsidy: 30 October**

**Wednesday, 8 November 2017 @ 1:00pm LEADERS: Norma G-L, Rob K** ..... Port Credit Walk  
 Come & Enjoy the sights and sounds of Port Credit & join us for a walk! We will be meeting in front of the light house and leaving at 1:10pm sharp!  
**Place: Meet us in front of the lighthouse (Port Credit)** **Main Intersection: Lakeshore Rd. W & Front St. N, Mississauga**  
**Cost: Free** **Attendance Goal: 10**  
**Associate Members & Guests Welcome** **Subsidy: 1 November**



**Friday, 10 November 2017 LEADERS: Staff** ..... **Royal Winter Fair - Day Trip**  
 Enjoy fresh food & learn about what grows in our own backyard. It's a chance to socialize, while bringing a little bit of country to the downtown core. See you there!  
**Place: Cinneplex Cinemas - Meet in front of Cinneplex** **Main Intersection: Duke of York Blvd & Rathburn Rd W, Mississauga**  
**Cost: Members: \$5.00, Associate Members: \$10.00, Guests: \$15.00** **Attendance Goal: 70**  
**Associate Members & Guests Welcome** **Subsidy: 3 November**

**Saturday, 11 November 2017 @ 1:30pm LEADERS: Mariaelaine F, Daniel S.** ..... **Stress Relief & Meditation**  
 Come out & join us in a hearty discussion about Stress Relief & meditation! We will be meeting in the lobby of the library.  
**Place: Mississauga Central Library (301 Burnhamthorpe Rd W)** **Main Intersection: Duke of York & Burnhamthorpe, Mississauga**  
**Cost: Free** **Attendance Goal: 8**  
**Associate Members & Guests Welcome** **Subsidy: 3 November**

**Monday, 13 November 2017 @ 2:00pm LEADERS: Norma G-L, Michelle Y.** ..... **Adult Colouring**  
 Colouring is therapeutic and can help generate wellness, quietness, & mindfulness, the exact same benefits which meditation has on the brain.  
**Place: Church of the Holy Spirit (1170 Tynegrove)** **Main Intersection: Burnhamthorpe & Golden Orchard, Mississauga**  
**Cost: Free** **Attendance Goal: 12**  
**Associate Members & Guests Welcome** **Subsidy: 6 November**

**Friday, 17 November 2017 @ 1:00pm LEADERS: Rob K, Daniel S.** ..... **Greet & eat @ Demetre Café/ Walk**  
 Ice Cream, Waffles or Crepes you decide! We will be having a Mississauga Greet & Eat at Café Demetre! This Location is not wheelchair accessible!  
**Place: Café Demetre (285 Enfield Pl, R 104)** **Main Intersection: Enfield Pl and Kariya Dr, Mississauga**  
**Cost: Transit Only** **Attendance Goal: 10**  
**Associate Members & Guests Welcome** **Subsidy: 10 November**

**Wednesday, 22 November 2017 @ 11:00am LEADERS: Rob K, Mariaelaine F.** ..... **Greet & eat @ Sunset Grill**  
 Eggs, Bacon, Coffee!! Say no more!! Come out & join your fellow friends with some breakfast!  
**Place: Sunset Grill (102 Lakeshore Rd W)** **Main Intersection: Lakeshore Rd W, & Front St N, Port Credit**  
**Cost: Transit Only** **Attendance Goal: 10**  
**Associate Members & Guests Welcome** **Subsidy: 15 November**

**Friday, 24 November 2017 @ 1:30pm LEADERS: Staff** ..... **F&A Social & BINGO/ OPOC DAY**  
 Come out & join us for a Social as well as BINGO! We will be doing onsite Intakes & OPOC'S!! Cant wait to see you there!  
**Place: Church of the Holy Spirit (1170 Tynegrove)** **Main Intersection: Burnhamthorpe & Golden Orchard, Mississauga**  
**Cost: \$3.00 for BINGO** **Attendance Goal: 12**  
**Associate Members, Guests & Community Welcome** **Subsidy: 17 November**

**Saturday, 25 November 2017 @ 2:00pm LEADERS: Mariaelaine F, Natasha D.** ..... **Café & Christmas in Streetsville**  
 Come out as we celebrate Christmas in Streetsville. We will be meeting at Tim Hortons. Cant wait to see you there.  
**Place: Tim Hortons (120 Queen St S)** **Main Intersection: Queen & Caroline St, Streetsville**  
**Cost: Transit Only** **Attendance Goal: 8**  
**Associate Members & Guests Welcome** **Subsidy: 17 November**

**Tuesday, 28 November 2017 @ 2:00pm LEADERS: Staff, Norma G-L.** ..... **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: Church of the Holy Spirit (1170 Tynegrove)** **Main Intersection: Burnhamthorpe & Golden Orchard, Mississauga**  
**Cost: Free** **Attendance Goal: 15**  
**Associate Members & Guests Welcome** **Subsidy: 21 November**

**Thursday, 30 November 2017 @ 1:30pm LEADERS: Marissa F, Norma G-L.** ..... **Streetsville Bowl**  
 Come out for a afternoon of fun & bowling!! The cost of is \$10, this will cover for, one game& Shoe rental shoe rental.  
**Place: Streetsville Bowl (128 Queen St S)** **Main Intersection: Queen St S & Tannery St., Streetsville**  
**Cost: \$10.00** **Attendance Goal: 8**  
**Associate Members & Guests Welcome** **Subsidy: 23 November**

### NOVEMBER DUFFERIN ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Social & Leisure Committee (11:00am)	2	3	4 Cafe Afternoon (1:00pm)
5	6 Wii League Week 1 (1:00pm)	7	8	9	10 Royal Winter Fair Day Trip	11
12	13 Wii League Week 2 (1:00pm)	14	15	16 Games/ F&A Social/ OPOC DAY(2:00pm)	17	
19	20 Wii League Week 3 (1:00pm)	21	22 BINGO Afternoon (1:00pm)	23	24 Movie Afternoon (1:30pm)	25 Greet & Eat Aunty Joys(12:00pm)
26	27 Wii League Week 4 (1:00pm)	28	29 Leadership Orientation Meeting (1:30pm)	30		

**Wednesday, 1 November 2017 @ 11:00am LEADERS: Rob J, Staff** ..... Social & Leisure Committee  
 Calling all Dufferin members! Please join us as we plan for the activities in your area!!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr, Orangeville  
**Cost:** Free **Attendance Goal:**6  
**Members Only** **Subsidy:**25 October

**Saturday, 4 November 2017 @ 1:00pm LEADERS: Ron D, Angela C** ..... Café Afternoon - Tim Horoton's  
 Come out and share some laughs with your F&A friends & enjoy a hot drink at Tim Horton's.  
**Place:** Tim Horton's (45 Broadway) **Main Intersection:**Broadway & 4<sup>th</sup> Street, Orangeville  
**Cost:** Transit Only **Attendance Goal:** 9  
**Associate Members & Guests Welcome** **Subsidy:** 27 October

**Monday, 6 November 2017 @ 1:00pm LEADERS: Staff, Ed W** ..... Wii Bowling - Week 1  
 Today is the first week of the Wii Bowling League. If your not registered to play you can come out, watch, and share in the social aspect of the activity!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr, Orangeville  
**Cost:** \$10:00 - Only registered participants can bowl **Attendance Goal:**6  
**Associate Members & Guests Welcome** **Subsidy:** 30 October

**Friday, 10 November 2017 LEADERS: Staff** ..... Royal Winter Fair - Day Trip  
 The Royal Agricultural winter fair is an opportunity to enjoy fresh food and learn about what grows in our own backyard. It will be a chance to socialize, while bringing a little bit of country to the downtown core. Hope to see you there!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr, Orangeville  
**Cost:** Members: \$5.00, Associate Members: \$10.00, Guests: \$15.00 **Attendance Goal:** 70  
**Associate Members & Guests Welcome** **Subsidy:** 3 November

**Monday, 13 November 2017 @ 1:00pm LEADERS: Staff, Annette S** ..... Wii Bowling - Week 2  
 The pins are set and the lanes are open for week 2! If you didn't register you can still come out and share in the social time of the activity.  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr, Orangeville  
**Cost:** Only registered participants can bowl **Attendance Goal:**6  
**Associate Members & Guests Welcome** **Subsidy:** 6 November

**Thursday, 16 November 2017 @ 2:00pm LEADERS: Annette S, Ron D** ..... Games /F&A Social/OPOC DAY  
 Come out and join us for a fun and lightly competitive afternoon of Games!! Can't wait to see you there!! **You can fill out an OPOC at this activity!!**  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr, Orangeville  
**Cost:** Free **Attendance Goal:**8  
**Associate Members & Guests Welcome** **Subsidy:** 9 November

**Monday, 20 November 2017 @ 1:00pm LEADERS: Staff, Angela C** ..... Wii Bowling - Week 3  
 The Wii Bowling League is in full swing now... Every Strike counts as we move into week 3!!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr, Orangeville  
**Cost:** Only registered participants can bowl **Attendance Goal:**6  
**Associate Members & Guests Welcome** **Subsidy:** 13 November

**Wednesday, 22 November 2017 @ 1:00pm LEADERS: Rob J, Annette S** ..... BINGO Afternoon  
 Come out and join us for a fun and lightly competitive afternoon of BINGO! Can't wait to see you there!!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr., Orangeville  
**Cost:** \$3.00 **Attendance Goal:**10  
**Associate Members & Guests Welcome** **Subsidy:** 15 November

**Friday, 24 November 2017 @1:30pm LEADERS: Angela C, Ron D** ..... DVD/Movie 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:** 17 November

**Saturday, 25 November 2017 @ 12:00pm LEADERS: Shirley S, Amanda S** ..... Greet & Eat - Aunty Joys  
 Come out and share some laughs with your F&A friends & enjoy a hot drink at Tim Horton's.  
**Place:** Aunty Joys (75 First St.) **Main Intersection:**First Street & Fifth Avenue, Orangeville  
**Cost:** Transit Only **Attendance Goal:** 9  
**Associate Members & Guests Welcome** **Subsidy:**17 November

**Monday, 27 November 2017 @ 1:00pm LEADERS: Staff, Ed W** ..... Wii Bowling - Week 4  
 The Wii Bowling League is in full swing now... Week 4 is the time to step up your game and take your skill & score to the next level!!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr, Orangeville  
**Cost:** Only registered participants can bowl **Attendance Goal:**6  
**Associate Members & Guests Welcome** **Subsidy:** 20 November

**Wednesday, 29 November 2017 @ 1:30pm LEADERS: Staff** ..... Leadership Training Orientation  
 Calling all Dufferin members! If you would like to become a F&A Leader & learn more about the role, come out to the Orientation!!  
**Place:** Edelbrock Centre (30 Centre St) **Main Intersection:** Centre St. & Hillside Dr, Orangeville  
**Cost:** Free **Attendance Goal:**6  
**Members Only** **Subsidy:**22 October

## NOVEMBER NORTH ETOBICOKE ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Social & leisure Committee (1:00pm)  10 Pin Bowling Banquet (2:00pm)	3	4
5	6 BINGO Afternoon (1:30pm)	7	8	9	10 Royal Winter Fair Day Trip	11
12		14	15 Wii Afternoon (1:30pm)	16	17	18
19	20 Café Games Afternoon (1:30pm)	21	22	23	24 Adult Colouring / OPOC DAY (1:30pm)	25
26	27	28 Craft Afternoon (1:30pm)	29	30		

**Thursday, 2 November 2017 @ 1:00pm LEADERS: Rowena A, Hannah H, David B.** ..... Social & Leisure Committee  
 We would like you to be a part of the decision making for the activities happening in your area!  
**Place:** Rexdale Community Hub - Room B1 (21 Panorama Court) **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** Free **Attendance Goal:**10  
**Members Only** **Subsidy:** 26 October

**Thursday, 2 November 2017 @ 2:00pm LEADERS: Denise H, Frank G.** ..... 10 Pin Bowling Banquet  
 Its time to celebrate your winners!! If you did not register for the league but still would like to participate in the pizza party please bring \$5.00.  
**Place:** Rexdale Community Hub - Room B1 (21 Panorama Court) **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** \$5.00 for Non-Registered Members & Associate Members/Guests **Attendance Goal:** 10  
 Associate Members & Guests Welcome **Subsidy:** 26 October

**Monday, 6 November 2017 @1:30pm LEADERS: Debbie M, Denise H.** ..... BINGO Afternoon  
 It is a very easy, laid back BINGO Afternoon! Don't forget your \$3.00!!  
**Place:** Rexdale Community Hub - Room B1 (21 Panorama Court) **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** \$3.00 **Attendance Goal:**10  
 Associate Members & Guest Welcome **Subsidy:**30 October

**Friday, 10 November 2017 LEADERS: Staff.** ..... Royal Winter Fair - Day Trip  
 Enjoy fresh food & learn about what grows in our own backyard. It's a chance to socialize, while bringing a little bit of country to the downtown core. See you there!  
**Place:** Woodbine Centre -Meet In front of TD Bank (500 Rexdale Blvd) **Main Intersection:** Rexdale & Hwy 27, Etobicoke  
**Cost:** Members: \$5.00, Associate Members: \$10.00, Guests: \$15.00 **Attendance Goal:** 70  
 Associate Members & Guests Welcome **Subsidy:** 3 November

**Wednesday, 15 November 2017 @1:30pm LEADERS: Frank G, Hannah H.** ..... Wii Afternoon  
 It is a very easy, laid back Wii afternoon where we bring all kinds of games to play.  
**Place:** Rexdale Community Hub - Room B1 (21 Panorama Court) **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** Free **Attendance Goal:**10  
 Associate Members & Guest Welcome **Subsidy:** 8 November

**Monday, 20 November 2017 @ 1:30pm LEADERS: Rowena A, Denise H.** ..... 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 November

**Friday, 24 November 2017 @ 1:30pm..LEADERS: Jamie M, Yolanda F.** ..... Adult Colouring/OPOC DAY  
 Colouring pages are therapeutic and can help generate wellness, quietness, & mindfulness, the exact same benefits which meditation imparts on the brain. You can also fill out an OPOC on this day!!  
**Place:** Rexdale Community Hub - (21 Panorama Court) **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** Free **Attendance Goal:**15  
 Associate Members & Guests Welcome **Subsidy:** 17 November

**Monday, 28 November 2017 @ 1:30pm..LEADERS: Frank G Rowena A.** ..... Craft Afternoon  
 Who is up for an afternoon of craft! I sure am !! Come out & join us as we get creative.  
**Place:** Rexdale Community Hub - (21 Panorama Court) **Main Intersection:** Kipling & Panorama, Etobicoke  
**Cost:** Free **Attendance Goal:**15  
 Associate Members & Guests Welcome **Subsidy:** 21 November