

Friends in Motion

Social Recreation
Program
328-2704

Weekly Coffee Club

Every Wednesday
from 2-4pm at Tim
Horton's on Lindsay
Street. Bring your
own money!

Contact Jenn at ext.
258 for more info.

September 1

Come and join us for a
trip to **Canada's
Wonderland**. Cost is
\$5 and includes trans-
portation, park admis-
sion and buffet lunch.
Contact Jack at ext.
233 to sign up. Seat-
ing is limited.

September 22

Come one, come all to
the 156th Annual
**Lindsay Central Ex-
hibition**. Contact
Laurie at ext. 264 to
sign-up. More details
to follow.



SEPTEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2	3	4
5	6	7	8 	9	10	11
12	13	14	15 	16	17	18
19	20	21	22 	23	24	25
26	27	28	29 	30		

*** Back by popular demand, the **CMHA Cooking Club!!!** Contact Jenn at ext. 258
for more details. The Cooking Club is set to start in October! ***



CANADIAN MENTAL
HEALTH ASSOCIATION
L'ASSOCIATION CANADIENNE
POUR LA SANTE MENTALE