

Fruit and Veggie Bags

Order due September 3rd
Delivery September 10th

R.E.A.C.H. CALENDAR OF EVENTS

September 2026

Mental Health R.E.A.C.H. Centre

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>SIGN-UP DAY</u> 9-12 Drop In 10-12 Book Club 1-3 Craft	2 9-12 Drop In 10-12 R/K/C 1-3 DD/JJ/Walking Club	3 9-12 Drop In 10-12 Art Class/Colour Theory 1-3 Thrift Store	4 9:30-12 Nutrition & Me Centre Closed at 12 Maple Mustard Glazed Chicken & Lava Cake
7 Centre Closed (Labour Day)	8 9-12 Drop In 10-11 Book Club 12-3 A Trip to the FREX	9 9-12 Drop In 10-12 R/K/C 1-3 DD/JJ/Walking Club	10 9-12 Drop In 10-12 Art Class/Colour Theory Lesson 1-3 Bingo \$3	11 9:30-12 Nutrition & Me Centre Closed at 12 Tomato Soup with Grilled Cheese Apple Crumble
14 Centre Closed	15 9-12 Drop In 10-12 Book Club 1-3 A trip to the library!	16 9-12 Drop In 10-12 R/K/C 1-3 Dystonia Presentation & DD/JJ/Walking Club	17 TACO THURSDAY \$3 9-12 Drop In 10-12 Art Class 1-3 Calendar Planning	18 9:30-12 Nutrition & Me Centre Closed at 12 Ramen Tiramisu
21 Centre Closed	22 Apple Picking (Leave at 10:30)	23 9-12 Drop In 10-12 R/K/C 1-3 DD/JJ/Walking Club	24 9-12 Drop In 10-12 Art Class/Colour Theory Lesson 1-3 Bingo \$3	25 9:30-12 Nutrition & Me Centre Closed at 12 Poutine Nanaimo Bars
28 Centre Closed	29 9-12 Drop In 10-12 Book Club 1-3 Movie	30 National Day for Truth and Reconciliation		MEMBERS ARE REQUIRED TO SIGN UP FOR ACTIVITIES THAT THEY WOULD LIKE TO PARTICIPATE IN.