

# November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Cooking Day:</b> Happy Halloween Pumpkin face quesadillas and Guacamole <b>Afternoon:</b> 2 members go to brown bagging</p>	<p><b>Morning:</b> Clubhouse activities/Baking Prep <b>Afternoon:</b> Drop-Inn Centre (12-2 pm) please wear closed-toe shoes- <b>Baking:</b> Apple Cobbler <a href="https://www.thepioneerwoman.com/food-cooking/recipes/a4057862/apple-cobbler-recipe/">https://www.thepioneerwoman.com/food-cooking/recipes/a4057862/apple-cobbler-recipe/</a></p>	<p><b>Morning:</b> Stepping Out 10:30-11:30 <b>Afternoon:</b> Art Afternoons</p>	<p><b>Morning:</b> Open Gymnastics 11-12 please come wearing gym clothing <b>Afternoon:</b> Music and Movement class</p>	<p><b>Friday Fundays!</b> Rec Room <a href="https://www.therecroom.com/calgary-deerfoot/games/video-games">https://www.therecroom.com/calgary-deerfoot/games/video-games</a></p>
<p><b>Cooking Day:</b> Baked Feta Pasta <a href="https://feelgoodfoodie.net/recipe/baked-feta-pasta/#wprm-recipe-container-31658">https://feelgoodfoodie.net/recipe/baked-feta-pasta/#wprm-recipe-container-31658</a> <b>Afternoon:</b> 2 members volunteer at brown bagging</p>	<p><b>Morning:</b> Clubhouse activities/Baking Prep <b>Afternoon:</b> Drop-Inn Centre (12-2 pm) please wear closed-toe shoes- <b>Baking:</b> Cranberry Streusel Bars <a href="https://www.thepioneerwoman.com/food-cooking/recipes/a81905/cranberry-streusel-bars/">https://www.thepioneerwoman.com/food-cooking/recipes/a81905/cranberry-streusel-bars/</a></p>	<p><b>Morning:</b> Stepping Out 10:30-11:30 <b>Afternoon:</b> Art Afternoons</p>	<p><b>Morning:</b> Open Gymnastics 11-12 please come wearing gym clothing <b>Half day of VAULT:</b> Vault ends at <b>1:00pm</b> this day</p>	<p><b>Friday Fundays!</b> Super Smash Cafe! Today we will be heading to the super smash cafe they have board games and video games for <b>\$10.00</b> an hour</p>
<p><b>Cooking Day:</b> Cowboy Casserole <a href="https://www.thepioneerwoman.com/food-cooking/recipes/a37182572/cowboy-casserole-recipe/">https://www.thepioneerwoman.com/food-cooking/recipes/a37182572/cowboy-casserole-recipe/</a> <b>Afternoon:</b> 2 members volunteer brown bagging</p>	<p><b>Morning:</b> Clubhouse activities/Baking Prep <b>Afternoon:</b> Drop-Inn Centre (12-2 pm) please wear closed-toe shoes- <b>Baking:</b> Pumpkin Spice Cereal Treats <a href="https://www.thepioneerwoman.com/food-cooking/recipes/a33565250/pumpkin-spice-cereal-treats-recipe/">https://www.thepioneerwoman.com/food-cooking/recipes/a33565250/pumpkin-spice-cereal-treats-recipe/</a></p>	<p><b>Morning:</b> Stepping Out 10:30-11:30 <b>Afternoon:</b> Art Afternoons</p>	<p><b>Morning:</b> Open Gymnastics 11-12 please come wearing gym clothing <b>Afternoon:</b> Music and Movement class</p>	<p><b>Friday Funday:</b> Calgary Zoo \$34.95 + GST</p>
<p><b>Cooking Day:</b> Chicken Parm Soup <a href="https://www.thepioneerwoman.com/food-cooking/recipes/a44964263/chicken-parm-soup-recipe/">https://www.thepioneerwoman.com/food-cooking/recipes/a44964263/chicken-parm-soup-recipe/</a> <b>Afternoon:</b> 2 members volunteer at brown bagging</p>	<p><b>Morning:</b> Clubhouse activities/Baking Prep <b>Afternoon:</b> Drop-Inn Centre (12-2 pm) please wear closed-toe shoes- <b>Baking:</b> Chocolate Crinkle Cookies <a href="https://www.thepioneerwoman.com/food-cooking/recipes/a37810333/chocolate-krinkle-cookies-recipe/">https://www.thepioneerwoman.com/food-cooking/recipes/a37810333/chocolate-krinkle-cookies-recipe/</a> *start early in the day</p>	<p><b>Morning:</b> Stepping Out 10:30-11:30 <b>Afternoon:</b> Art Afternoons</p>	<p><b>Morning:</b> Open Gymnastics 11-12 please come wearing gym clothing <b>Afternoon:</b> Music and Movement class</p>	<p><b>Friday Fundays!</b> Chinook Bowling! \$10.00 per game + \$3.50 for shoes</p>
<p><b>Cooking Day:</b> Baked French Toast <a href="https://themodernproper.com/baked-french-toast">https://themodernproper.com/baked-french-toast</a> <b>Afternoon:</b> 2 members volunteer at brown bagging</p>	<p><b>Morning:</b> Clubhouse activities/Baking Prep <b>Afternoon:</b> Drop-Inn Centre (12-2 pm) please wear closed-toe shoes- <b>Baking:</b> Chocolate Peppermint Sheet Cake <a href="https://www.thepioneerwoman.com/food-cooking/recipes/a41534479/peppermint-chocolate-sheet-cake-recipe/">https://www.thepioneerwoman.com/food-cooking/recipes/a41534479/peppermint-chocolate-sheet-cake-recipe/</a></p>	<p><b>Morning:</b> Stepping Out 10:30-11:30 <b>Afternoon:</b> Art Afternoons</p>	<p><b>Morning:</b> Open Gymnastics 11-12 please come wearing gym clothing <b>Afternoon:</b> Music and Movement class</p>	<p><b>Friday Funday:</b> Spruce Meadows Christmas Market: <b>Admission \$16.19 this fee will be added to your account because we need to pre-buy tickets to ensure entry</b></p>