

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 STAT Office Closed	2 <i>Be Cool 1-3pm</i> <i>Open Futures</i> <i>Learning 'Who Am I?'</i>	3 Better Me Planning Meeting 10am <i>Decorate for Fall</i> <i>1pm</i>	4 Be Cool 10-12pm Employment and Skills <i>Low Impact Cardio</i> <i>1:30pm</i>	5 Disc Golf 10:30am Harmattan Green	6
7	8 Ladies Morning 10am Manicures, Masks, Tea, and Chat 10am <i>Low Impact Cardio</i> <i>1:30pm</i> <i>Cooking Class 4:00pm</i> <i>Self-Advocacy Meeting 6:30pm</i>	9 <i>Be Cool 1-3pm</i> <i>Who Am I Continued</i>	10 Kerry Wood Nature Centre Red Deer \$10 10am-3pm	11 Be Cool 10-12pm Employment and Skills <i>Rice Krispie Treat</i> <i>Day 1:30pm</i>	12 Fun Drink Friday 1pm <i>Movie and Treats</i> <i>Evening 6:30pm \$3</i> <i>Revenge of the Fallen</i>	13
14	15 Gents Morning 10am Build Wishing Wells from Pallets 10am <i>Build a Hat 1pm \$3</i>	16 <i>Be Cool 1-3pm</i> <i>Open Futures</i> <i>Learning 'About</i> <i>Being in Control'</i>	17 Fall Potluck Lunch 12pm	18 Be Cool 10-12pm Employment and Skills <i>Paper Bag Fall</i> <i>Luminaries \$3</i> <i>1:30pm</i>	19	20
21	22 Collect Fall Leaves 10:30am <i>Low Impact Cardio</i> <i>1:30pm</i> <i>Cooking Class 4:00pm</i>	23 5017 Office Closed for Staff Training	24 Walk in the Forest 10am <i>Coffee at</i> <i>McDonald's</i> <i>1:30pm</i>	25 Be Cool 10-12pm Employment and Skills <i>Birthday Party! 1:30pm</i>	26 <i>Movie and Treats</i> <i>Evening 6:30pm \$3</i> <i>Transformers: Dark of</i> <i>the Moon</i>	27
28	29 Make Honey Cake 10:30am <i>Cake and Tea</i> <i>1:30pm</i>	30 <i>Be Cool 1-3pm</i>	Better Me/Be Cool			

Remember to get your punch card for any activities that require payment. \$20 for 10 punches. \$3 if no punch card. Activities in the community require payment upon arrival at the venue. Anyone wanting treats while at an activity are responsible for bringing money or their own treat.