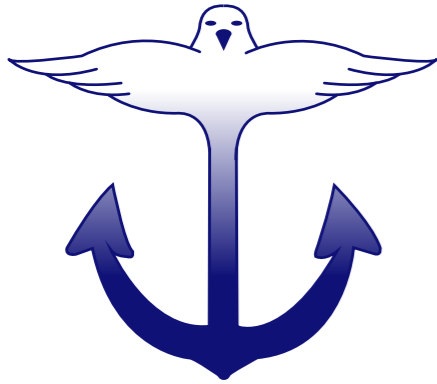


# Anchor and Wings



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**2021  
OCTOBER**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p><b>AM: Let's Talk</b></p> <p>PM: Fundraising committee (Christmas Market) « Conservatives of betteraves and fruit ketchup »</p>	<p>6</p> <p><b>PM : Workshop</b> « Confidence in self- esteem » Presented by Lydia and Cynthia</p>	<p>7</p> <p><b>Pic-nic and walking at Mont Rigaud</b> (in case of rain it will be the next day)</p>	<p>8</p> <p>Alternative Day (October 10th)</p> <p><b>AM: Apple Picking 5\$</b> (Hillspring Orchard) with Une Affaire de Famille</p>
<p>12</p> <p>PM: Decoration preparation for the evening of October 31st</p>	<p>13</p> <p>PM: <b>MEMBER MEETING</b> *Free meal for participants</p>	<p>14</p> <p>AM: CHAIR YOGA + MEDITATION</p> <p>PM: Fundraising committee (Christmas market) « Making fimo pate » PRESENTED BY ABIGHAËLE</p>	<p>15</p> <p><b>CENTER CLOSED (TEAM MEETING)</b></p> <p>Happy Birthday Carry (17<sup>th</sup>)</p>
<p>19</p> <p><b>AM: Let's Talk...</b> <b>PM: Workshop</b> Budget Presented by ACEF (via zoom)</p>	<p>20</p> <p>AM: TEAM MEETING</p> <p><b>PM: Workshop</b> « Anxiety » PRESENTED BY BENJAMIN</p>	<p>21</p> <p>AM: CHAIR YOGA+ Meditation</p> <p><b>Let's Cook Together!</b> PRESENTED BY CYNTHIA</p>	<p>22</p> <p><b>PM: Music Jam Session/ Board Games</b></p>
<p>26</p> <p>AM: Decorating the inside for the Halloween Party</p> <p>PM: putting together candy bags for the evening of the 31st</p>	<p>27</p> <p>AM: TEAM MEETING</p> <p>PM: Fundraising committee (Christmas Market) « Bag and measure greens »</p>	<p>28</p> <p>AM: CHAIR YOGA+ Meditation</p> <p>PM: Fundraising committee (Christmas Market) « Sew the bag of greens together »</p>	<p>29</p> <p>Halloween Party! (Decorating Pumpkins) Come in your costume!</p> <p>Happy Birthday Abighaële (30th)</p>

*Rest assured that all our activities are carried out in compliance with the health measures in place!*

**Yoga on chair:** Short session of light exercises and stretching (with the support of a chair), in a group and led by the speaker. What could be better than taking care of yourself and breathing deeply to start the day!

**Meditation:** (Guided video on YouTube) Meditation is a relaxing practice that can help manage stress, anxiety and emotions better. It can also have benefits on memory, cognitive abilities and also on the physical aspect such as chronic pain, fatigue, sleep disorder, etc.

**Music:** We jam in our music room!

**Let's talk... :** Come talk, share your experiences and listen to others to learn to understand yourself better and find tools to help you better.

**Let's Cook Together:** Put on your aprons to cook in a small group a complete meal (first course, main course, dessert) to bring home for free.