

# Anchor and Wings



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**2019**  
**SEPTEMBER**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>CENTER CLOSED</b> (Labor Day)	4 AM : <b>THE HEARING VOICES</b> (Individual)  PM : <b>What's new?</b>	5 AM : <i>The Flying Ink</i>  PM : The Imperfects <b>« Bracelets »</b>	6  AM : Councilor meeting  PM : Wacky music
10 AM : <i>The art of Communication</i> PM : Wacky music	11 <i>Corn roast food Preparation &amp; logistics</i>	12 <b><u>Anchor &amp; Wings</u></b> <b>Annual Corn Roast Party</b>	13 AM : Councilor meeting  PM : <b>Music &amp; Me</b>
17 (Free lunch)  PM : <b>MEMBERS MEETING</b>	18  <b>L'Avant-Garde Corn Roast</b> (Mutual aid group in Laprairie)	19  <i>25<sup>th</sup> Celebration of Pacte de Rue in Valleyfield</i>	20  AM : Councilor meeting  PM : Wacky music
24  PM : Yoga on chair & Meditation	25  AM : <b>The AUTONOMOUS MEDICATION MANAGEMENT</b> (Individual)  PM : <b>LIVING WITH OTHERS</b>	26  AM : <b>Let's cook together</b>  PM : <b>Empowerment</b>	27  AM : Councilor meeting  PM : Wacky music