



2023



The Good Companions



A better future, together
Ensemble pour un avenir meilleur

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Toll free Phone in sessions: 1-866-261-6767 Guest Code: 7722700 followed by# You will be in the session. Zoom video program Click on join meeting. Input ID 86980849744 when prompted. Click join meeting. Input Passcode 987999 when prompted. You will be asked to check video and audio. For zoom phone in program dial 1-647-374-4685 (\$.03 a minute without long distance plan) Listen for the voice. Input ID 86980849744 followed by #. Listen to the voice. Then input passcode 987999 followed by #. You will be placed into the session.</p>			<p>“We acknowledge with respect, the history, spirituality, and culture of the Anishinaabek and the Haudenosaunee peoples on whose traditional territories we gather and whose ancestors signed Treaties with our ancestors. We recognize also, the Ojibway of Nawash and the Ojibway of Saugeen, whose ancestors shared this land and these waters. May we all live with respect on this land, and live in peace and friendship with all its diverse peoples.”</p>		<p>1 11:00 - 11:30 a.m. or 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in</p>	<p>2 Pre-Order LA Chicken, Beef and Hamburger Meat Pies Call Jean at 519-793-3014 or Mo at 519-793-3506</p>
<p>3 Last day to order Ladies Auxiliary Meat Pies September 5</p> 	<p>4 11:00 - 11:30 a.m., 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in</p> 	<p>5 11:30 a.m. OSHS Luncheon RSVP to Jan Jackson at 519-793-3589 or janjackson260@gm ail.com</p>	<p>6 RSVP to Lynda at 519-793-3474 for the OSHS Bus trip</p>	<p>7 1:00 - 2:00 p.m. Falls Prevention PBCC 7:00 p.m. LHL Br. 202 Meeting and speaker, Jane Kramer, Camp X</p>	<p>8 11:00 - 11:30 a.m. or 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in 11:00 - 12:00 p.m. Crafts and Chats - PBCC</p>	<p>9 9:00 - 11:00 a.m. Men's Breakfast in Tobermory RSVP to Martin Hogarth at hogarth@auracom.co m</p>
<p>10</p>	<p>11 11:00 - 11:30 a.m., 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in</p>	<p>12 11:00 .a.m Trivia - Join BVO Dial toll free 1-226-682-0701 Passcode 852340 then #</p>	<p>13 1:00 - 2:00 p.m. Writing with author, Cindy Mathews at the Pike Bay Community Centre</p>	<p>14 11:15 a.m. - 12:00 p.m. Mindfulness/Meditation Dial 1-226-682-0701 Passcode 852340 then #</p>	<p>15 11:00 - 11:30 a.m. or 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone</p>	<p>16 9:00 - 11:00 a.m. Bruce Men's Shed at the Lion's Head Legion Contact brucemensshed@g mail.com or Gerry at 519-793-3005</p>
<p>BVO = Beaver Valley Outreach SCWW Clarksbuerg</p> <p>LHL = Lion's Head Legion Branch 202</p> <p>OSHS = Old School House Seniors Club</p>	<p>18 11:00 - 11:30 a.m., 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in</p>	<p>19 2:30 - 4:30 p.m. Pick up pre-ordered Ladies Auxiliary Meat Pies \$5.00 each at the LHLegion.</p>	<p>20 9:30 a.m. - 2:00 p.m. Bus Trip to Bruce County Museum for OSHS</p>	<p>21 1:00 - 3:00 p.m. Card Making - \$20.00 materials supplied PBCC</p>	<p>22 11:00 - 11:30 a.m. or 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone</p>	<p>23 8:00 - 10:00 p.m. Bayside Astronomy at Pike Bay Park - bring chairs - view Jupiter, Saturn and the moon</p>
<p>PBCC = Pike Bay Community Centre</p>	<p>25 11:00 - 11:30 a.m., 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in</p>	<p>26 11:00 .am - 12:00 p.m. Book Club with author, Ross Pennie 5:00 p.m. OSHS Roast Beef RSVP 519-793-9589</p>	<p>27</p>	<p>28 10:00 - 11:00 a.m. Let's Do Coffee - contact Sharron for the link. 11:15 - 12:00 p.m. Mindfulness - See the 14th</p>	<p>29 11:00 - 11:30 a.m. or 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone</p>	<p>30</p>

Contact Sharron Colter at contact nbpcsac@eastlink.ca or 519-793-3473 for information.