

Wednesday, November 6th, 10:30am - ASAC Annual General Meeting

Join us at our annual general meeting for members only. FREE lunch, sponsored by Meadowlands. Sign up at Customer Service by Oct. 30th.



Saturday, November 9th, 1:00-3:30pm - Denim Bag Workshop

Turn an old pair of denim jeans into a tote bag. BYO materials: Old pair of jeans, 1 yard cotton liner, 90/14 sewing needle. Sewing machines are provided. Sign up at the front desk. Cost is \$15.

Monday, November 11th - Remembrance Day

The centre will recognize Remembrance Day with two minutes of silence at 11am.



Thursday, November 14th, 1:00-2:30pm - Discussion Group

New topics this season, join in for thought provoking interactions!



Tuesday November 19th, 9:00-10:00am - Nutrition for gut health

Presented by McMaster Advanced Nutrition students, see the front desk to sign up. Limited to 10 people.

Friday, November 22nd, 9:00-3:30pm - Nuno Scarf Workshop.

Super fine and luxurious nuno-felted scarf which is quick and easy to make and has a wonderful feel and drape. Cost is \$25 with all materials included, space is limited to 7 participants. See the front desk to sign up.



Tuesday November 26th, 9:00-10:00am - Nutrition for hypertension

Presented by McMaster Advanced Nutrition students, see the front desk to sign up. Limited to 10 people.



Wednesday, November 27th, 10:00-12:00pm - Christmas Card-making Workshop

Make 2 cards for your friends and family, sign up at the front desk. COST \$ 5.00

Thursday November 28th, 9:00-10:00am - Nutrition for optimal muscle health

Presented by McMaster Advanced Nutrition students, see the front desk to sign up. Limited to 10 people.

Saturday Dec.7th 9:30 to 12:00pm - Intergenerational Brunch with Santa
Bring your grandchildren and enjoy this brunch with Santa. Event is sponsored by Parkland. A gift idea will be required to accompany the name of the child. Space is limited so sign up soon. Adults are \$10, children are free!



Wednesday Dec. 11th, 11:30 to 1:30pm - ASAC Christmas Party
Come celebrate with your fellow ASAC members. Tickets will be \$30.00 per person, available at Customer Service. Lunch will be served at noon

Announcements:

Special Event Helpers: Able bodied members are needed to help with set-up and tear-down for events hosted at ASAC. Please sign up at the front desk so we can issue a call-out when extra hands are needed.

Communication Committee: Do you love ASAC? Do you like meeting and welcoming new members? Do you want to tell others about us? Then join the communications committee. Leave your name at the office and we will be in touch.

REMINDERS



ASAC Membership Checks – Please ensure that you have an active ASAC membership. Check the sticker on your membership card to ensure it is valid.

Double Check Your Coats, Jackets and Shoes. Members are often taking home the wrong items or forgetting them. Check out our LOST AND FOUND for missing items.



Keeping Our Building Green: Bring your reuseable water bottles and coffee mugs. ASAC has two free water cooler fill stations, and the Cafe will gladly fill your personal mug with coffee or tea for \$1.00. This reduces clean-up for the kitchen volunteers and helps keep our building green.

Quote of the Month

"November comes and November goes, with the last red berries and the first white snows." — Clyde Watson