

## TUESDAYS

**NEW!** 12:30pm - 1:30pm  
Stretch and Grow

**NEW!** 2:00pm - 4:00pm  
Afternoon Movies



5:00pm-7:00pm  
Junction Dinner  
(menu next page)

6:00pm-7:00pm  
**All-Pathways \*Hybrid\***

## WEDNESDAYS

1:15pm - 2:00pm  
Walk n' Roll

2:00pm - 3:00pm  
**All-Pathways**

4:00pm - 5:30pm  
Navigating Recovery



**NEW!** 5:30pm-6:30pm  
Musical Exploration  
w/ Ryan

## THURSDAYS

**NEW!** 11:00am - 1:00pm  
Trail Walk  
(routes vary!  
Talk to Bahar)

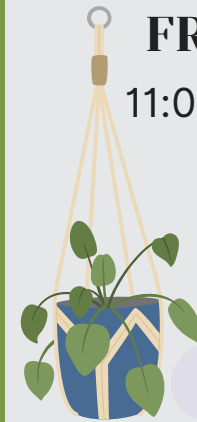


**NEW!** 2:00pm - 4:00pm  
Clay Craft Creations



4:00pm - 5:00pm  
**All-Pathways**

## FRIDAYS



11:00am - 2:00pm  
Open Art  
Drop-In

Craft of the  
month:  
macrame  
plant hanger

11:00am - 3:00pm  
Counsellor Roz  
(Individual therapy)

3:00pm - 5:00pm  
Happier Hour  
(schedule next page)

## SATURDAYS

10:30am-11:00am  
Morning Meditation

11:00am-12:30pm  
Soup Saturdays!  
Different soup each week,  
with buns or bread



1:00pm - 3:00pm  
Learn to Crochet

4:00pm - 5:00pm  
**All-Pathways**

**What is Navigating  
Recovery?**  
4-session group, learn  
more about recovery  
options and tools  
Nov 6, Nov 13,  
Nov 20, Nov 27  
RSVP required - talk to  
Patty!

## **NEW!** OPEN HOURS

**Come by any  
time for coffee  
and chats!**

Tuesday 12pm-7pm  
Wednesday 12pm-7pm  
Thursday 10am-5pm  
Friday 10am-5pm  
Saturday 10am-5pm

# November

604-256-8979

junctionnorthshore@lookoutsociety.ca

1645 Lonsdale Avenue,  
North Vancouver

 **Lookout**  
Housing + Health Society

**JUNCTION**  
COMMUNITY  
CENTRE  
NORTH SHORE

# Junction Dinners

TUESDAYS 5PM-7PM

Nov 5: Chicken pot pie + garden salad

Nov 12: Fettuccini alfredo with chicken, Caesar salad, garlic bread

Nov 19: Butter chicken, rice, naan, and garden salad

Nov 26: Beef teriyaki with gyoza and Asian salad

# Happier Hour

FRIDAYS 3PM-5PM

Nov 1: Bingo with Louise and Patty!

Nov 8: Movie + Popcorn night

Nov 15: Retro games (pictionary, charades, etc.)



Nov 22: Trip to Polygon Gallery

Nov 29: "Hiking Trails of Betrayal" Detective Party Game



## Don't forget! Virtual All-Pathways Meetings - 6pm-7pm



- Mondays
- Tuesdays
- Wednesdays
- Thursdays
- Saturdays

<https://vancouvercoastalhealth.zoom.us/my/junctionallpathways>

MEETING ID: 244 730 7088  
PASS CODE : 280265

# November



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