

UPSTAIRS

AT

the real Canadian+
Superstore

WHAT'S HAPPENING

August 2008

Sponsored by:

The MIRROR

9292 HWY. 93, MIDLAND

HURONIA SLIMMERS

MEETS EVERY MONDAY OF EACH MONTH • 6:30-8:30 • CONTACT: Betty or John @ 361-1256

GEORGIAN BAY COIN & STAMP CLUB

MEETS 1ST TUESDAY OF EACH MONTH • Juniors Welcome • 6:30-8:30 • CONTACT: PETER @ 534-3771

WEIGHT WATCHERS

MEETS EVERY WEDNESDAY OF EACH MONTH • CONTACT: 1 888 3 FLORINE • MEETING TIMES
10:00 am / 12:00 pm /
4:30 pm / 5:30 pm • WEIGH INS AND NEW MEMBERS ARE ASKED TO ARRIVE 1/2 HOUR PRIOR TO
MEETING TIME.

MS SUPPORT GROUP

MEETS EVERY 3RD TUESDAY OF EACH MONTH • 6:30-8:30 • CONTACT: SUSAN 528-1646

PEACEWORKS

MEETS THE 2ND TUESDAY OF EACH MONTH • 10:00-11:30 • CALL: 526-2827

SOCIETY OF CREATIVE ANACHRONISM

(MIEVEAL TIMES) RECREATING EUROPEAN HISTORY • 6:30-8:30 • MEETS THE 2ND & 4TH
TUESDAY OF EACH MONTH

PARKINSON SUPPORT GROUP

MEETS THE 4th THURSDAY OF EVERY MONTH FROM 4PM-6PM (new time)
FOR MORE INFORMATION CONTACT ELAINE JONES @ 526-3879

IN GRANDMOTHERS' HANDS HURONIA

MEETS EVERY THIRD TUESDAY OF EACH MONTH, 9:30-11AM. • FOR MORE INFORMATION
CONTACT ALIX @ 705-526-4672

OTHER EVENTS TO CHECK OUT THIS MONTH:

EVENT	DATE/TIME	DESCRIPTION
WHAT'S FOR DINNER FREE!	Tues Aug 19, 6pm-7pm Back to School Feature Tues Aug 26, Noon-1pm Tues Aug 26, 5pm-6pm Back to School Feature	Starved for good dinner ideas? Check out our regular What's for Dinner cooking school demonstrations. One of our Cooking School chefs demonstrates an easy-to-make meal, then sends you off with a recipe and grocery list in hand so you can recreate the meal at home. FREE!!
COOKING CLASS: EASY SUMMER ENTERTAINING	Thur Aug 21, 6pm-8pm	Join chef Lisa Driscoll as she shares an easy to make summer dinner: appetizer, entre & desert. \$30. Register at customer service or 1-866-596-7277 ext 3.
SUPPER CLUB FOR TEENS AGES 11-16	Thur Aug 21, 1:30pm-4:30pm It's Carnival Time!	Want to learn to cook? Then come and spend time in our kitchen preparing and eating delicious creations! \$18+GST Register in Customer Service or by calling 1-866-596-7227 ext. 3.
BUILD A HEALTHIER MIND & BODY	Back Pack Safety Thur Aug 28, 6:30pm-7:30pm	School is just around the corner and your children will be heading back to class with backpacks full of school supplies, lunches, homework, gym clothes, etc. Dr. Melissa Borsa shows you how backpacks can cause injury to your child's spine. Bring your backpack so it can be checked and adjusted to fit properly and avoid back injury. Register for this FREE seminar in Customer Service.

FOR MORE INFORMATION CONTACT THE COMMUNITY ROOM COORDINATOR THERESA BRYANT @ 527-0680