

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UPDATED September 16		1 Westedge Free take out lunch @ NOON	2 FOOD DISTRIBUTION 10:00 to 4:30	3 Westedge Free take out lunch @ noon	4 FOOD DISTRIBUTION 10:00 to 4:30	5 REFRESH Via ZOOM Check website for details
6	7 FOOD DISTRIBUTION 12 – 7:30	8 Westedge Free take out lunch @ noon	9 FOOD DISTRIBUTION 10:00 to 4:30	10 Westedge Free take out lunch @ noon	11 FOOD DISTRIBUTION 10:00 to 4:30	12 REFRESH Via ZOOM Check website for details
13	14 FOOD DISTRIBUTION 12 – 7:30	15 Westedge Free take out lunch @ noon	16 FOOD DISTRIBUTION 10:00 to 4:30	17 Westedge Free take out lunch @ noon	18 FOOD DISTRIBUTION 10:00 to 4:30	19 REFRESH Via ZOOM Check website for details
20	21 FOOD DISTRIBUTION 12 – 7:30	22 Westedge Free take out lunch @ noon	23 FOOD DISTRIBUTION 10:00 to 4:30	24 Westedge Free take out lunch @ noon	25 FOOD DISTRIBUTION 10:00 to 4:30	26 REFRESH Via ZOOM Check website for details
27	28 FOOD DISTRIBUTION 12 – 7:30	29 Westedge Free take out lunch @ noon	30	Book your arrival time by calling 905-274-9303 or emailing info@thecompass.ca . AFTER you have scheduled a time order your hamper ONLINE at www.thecompass.ca or call us.		