

# October 2011 at Avante

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 <b>Quebec Women's Centres Day</b> w/Gayl & Karen 6:00 <b>Feminism... how sweet it is!</b>	5	6 <b>Health Matters Cancer Awareness</b> 9:00-12:00 Cowansville CLSC 397 rue Rivière <b>Everyone Welcome!</b>	7 <b>Computer Classes</b> INTRO to PC 9:30-11:30 BEGINNERS 1:30-3:30 <b>RSVP</b>
10 <b>CLOSED</b>	11 <b>Topic Pot</b> w/Nancy 6:00 Discuss hot topics over a potluck supper!	12 <b>Bedford Coffee Break</b> 9:30-11:30 <b>Movie "Crazy Sexy Cancer"</b>	13	14
17 <b>Knowlton Coffee Break</b> 1:30-3:30 <b>Movie "Crazy Sexy Cancer"</b>	18 <b>Cooking w/Gayl</b> 6:00 \$2 <b>Cooking with Epicure</b> with guests Kerri & Sherri	19	20	21 <b>Computer Classes</b> INTRO to PC 9:30-11:30 BEGINNERS 1:30-3:30 <b>RSVP</b>
24	25 <b>Ask the Expert</b> w/Gayl 6:00 <b>Celiac Disease</b> w/ guest speaker Nathalie Quilliams	26	27	28 <b>Computer Classes</b> INTRO to PC 9:30-11:30 BEGINNERS 1:30-3:30 <b>RSVP</b>