

# April 2018

Sun Open 12pm-4pm	Mon Open 9am-5pm	Tue Open 9am-5pm	Wed Open 9am-5pm	Thu Open 9am-5pm	Fri Open 9am-5pm	Sat Open 12pm-4pm
<b>1</b> 1:00 Lunch 2:00 Workout <b>Training</b> Free Coffee All Day 	<b>2</b> 9:30 Stretch & walk & Work-out 10:30 Lawson <b>12:45 Music Group</b> 2:00 Popular Theatre Group 2:30 Social Group	<b>3</b> 9:30 Stretch & walk & Work-out 10:00 Bowling <b>11:00 Women's Group</b> <b>1:30 Self-Esteem</b> 2:00 Yoga <b>2:30 Community Kitchen</b>	<b>4</b> 9:30 Stretch & Walk & Work-out 10:00 Lawson <b>11:00 Educational Video</b> 2:00 Knitting with Wanda	<b>5</b> 9:30 Stretch & walk & Work-out <b>10:00 Positive Pals</b> 1:15 Bingo 2:00 Yoga <b>2:30 Coping Tool Box</b>	<b>6</b> 9:30 Stretch & walk & Work-out 10:00 Nail Care <b>11:15 LOL with John</b> 1:15 Popular Theatre Group <b>1:30 Crafts</b> <b>2:30 Big Bingo</b> 3:15 Lawson	<b>7</b> 1:00 Lunch  <b>2:30 Movie &amp; Popcorn</b> 
<b>8</b> 1:00 Lunch 2:00 Workout <b>Training</b> Free Coffee All Day 	<b>9</b> 9:30 Stretch & walk 10:30 Lawson <b>12:45 Music Group</b> 2:00 Popular Theatre Group 2:30 Social Group	<b>10</b> 9:30 Stretch & walk & Work-out 10:00 Bowling <b>11:00 Women's Group</b> <b>1:30 Self-Esteem</b> 2:00 Yoga <b>2:30 Community Kitchen</b>	<b>11</b> <b>9:30 Pet Therapy</b> 9:30 Stretch & Walk & Work-out 10:00 Lawson <b>11:00 Educational Video</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>12</b> 9:30 Stretch & walk & Work-out <b>10:00 Positive Pals</b> <b>11:00 Open Jam Session</b> 1:15 Bingo 2:00 Yoga <b>2:30 Coping Tool Box</b>	<b>13</b> 9:30 Stretch & walk & Work-out 10:00 Nail Care 11:00 Men's Group 1:15 Popular Theatre Group <b>1:30 Crafts</b> 3:15 Lawson	<b>14</b> 1:00 Lunch <b>2:00-3:00 Writing for your life workshop</b>  <b>2:30 Big Bingo</b> 
<b>15</b> 1:00 Lunch 2:00 Workout <b>Training</b> Free Coffee All Day 	<b>16</b> 9:30 Stretch & walk & Work-out 10:30 Lawson <b>12:45 Music Group</b> 2:00 Popular Theatre Group 2:30 Social Group	<b>17</b> <b>CLUB CLOSED For SPRING CLEAN-UP</b>	<b>18</b> 9:30 Stretch & Walk & Work-out 10:00 Lawson <b>11:00 Educational Video</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>19</b> 9:30 Stretch & walk & Work-out <b>10:00 Positive Pals</b> 1:15 Bingo 2:00 Yoga <b>2:30 Coping Tool Box</b>	<b>20</b> 9:30 Stretch & walk & Work-out 10:00 Nail Care 11:00 Men's Group 1:15 Popular Theatre Group <b>1:30 Crafts</b> 3:15 Lawson	<b>21</b> 1:00 Lunch  <b>2:30 Movie &amp; Popcorn</b> 
<b>22</b> 1:00 Lunch 2:00 Workout <b>Training</b> Free Coffee All Day 	<b>23</b> 9:30 Stretch & walk 10:30 Lawson <b>12:45 Music Group</b> 2:00 Popular Theatre Group 2:30 Social Group	<b>24</b> 9:30 Stretch & walk & Work-out 10:00 Bowling <b>11:00 Women's Group</b> <b>1:30 Self-Esteem</b> 2:00 Yoga <b>2:30 Community Kitchen</b>	<b>25</b> <b>9:30 Pet Therapy</b> 9:30 Stretch & Walk & Work-out 9:30 Pet Therapy 10:00 Lawson <b>11:00 Educational Videos</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>26</b> 9:30 Stretch & walk & Work-out <b>10:00 Positive Pals</b> <b>11:00 Open Jam Session</b> 1:15 Bingo 2:00 Yoga <b>2:30 Coping Tool Box</b>	<b>27</b> 9:30 Stretch & walk & Work-out 10:00 Nail Care 11:00 Men's Group 1:15 Popular Theatre Group <b>1:30 Birthday Party</b> <b>1:45 Crafts</b> 3:15 Lawson	<b>28</b> 1:00 Lunch <b>2:00-3:00 Writing for your life</b>  <b>2:30 Big Bingo</b> 
<b>29</b> 1:00 Lunch 2:00 Workout <b>Training</b> Free Coffee All Day 	<b>30</b> 9:30 Stretch & walk & Work-out 10:30 Lawson <b>12:45 Music Group</b> 2:00 Popular Theatre Group 2:30 Social Group					

## WHAT'S GOING ON in April at the Members' Club

In recognition of CMHA's 100-year anniversary in 2018, we will focus on the following subjects in April: Parkinson's Awareness Month, World Autism Awareness Day (April 2<sup>nd</sup>), World Hemophilia Day (April 17<sup>th</sup>), National Immunization Awareness Week (April 21-28).

### **Peer-run groups:**

Positive Pals group: Thursdays at 10:00am will be facilitated Members and staff. This is a chance for members to share their ideas/tools to create positive thinking and action.

Open Jam Session: With Matt Polsfut Thursday April 12<sup>th</sup> and 26<sup>th</sup> at 11:00.

Stretching and Walking with Betty: Monday – Friday @ 9:30

**Writing for Your Life Workshop:** by author Linda Biasotto. See poster in club area. Saturday, April 14<sup>th</sup> & 28<sup>th</sup> from 2:00-3:00pm.

**Self- Esteem group:** Drop-ins welcome. Tuesday's at 1:30

**Coping Tool Box group:** Drop-ins welcome Thursday's at 2:30.

**LOL with John:** This is a "joy workout" that will help you rediscover your sense of play. Friday, April 6<sup>th</sup> at 11:15pm.

**Women's Support group:** Drop-in – Tuesdays at 11:00

**Men's Support group:** Drop-in – Fridays at 11:00 (April 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>)

**Educational Videos:** Wednesdays at 11:00

**Knitting with Wanda:** Join Wanda every Wednesday at 2:00pm for knitting in the club.

**Open Art Studio:** Wednesdays 12:30- 2 will continue. Please welcome our new facilitator Amanda from Paper Crane Community Arts Centre. No artistic experience is necessary to enjoy this group. (No group April 4<sup>th</sup>)

**St. John's Pet Therapy:** Meet Margie and her dog Taffy Wednesday, April 11<sup>th</sup> & 25<sup>th</sup> at 9:30am

**Social Group with Dillon/Suzanne and Bruce:** Outings will be held on Mondays at 2:30pm. Everyone is welcome.

**Yoga in a Chair:** Join Linda every Tuesday and Thursday at 2:00pm

**Weight Training/Treadmill:** Monday to Friday with Melissa at 9:30

**Workout Training:** with Bob "the Hulk" Hughes on Sunday's at 2:00pm

**Community Kitchen:** Tuesdays at 2:30 Dillon/Suzanne and volunteers will lead cooking classes. Please join for some fun and a meal or two to take home. There will be a minimal fee charged to participants. This group is open to the community as well.

**Music Group & Song writing:** Mondays at 12:45pm with Bernadette

**The Reel Anti-Suppressants Popular Theater Group:** are always welcoming others to join in their Troupe.

**Monthly Birthday Party:** All Welcome! Please join us to celebrate Members with a Birthday each month. Invite a friend or family member to your celebration.

### **Club Closed April 17<sup>th</sup> for Spring Cleaning**

**Members Contact Information:** Updates are ongoing. Please see staff to assist us to have accurate information, eg., change of phone number or share email info / so we can call you if needed (eg., to invite you to the Parties.) Thanks!

\*\*\*Remember to check the Club Bulletin board: - for tickets to special events, Sports events, Globe Theatre tickets, Day Trips and additional outings, and educational guest speakers, etc.\*\*\*