

# January 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> <b>STAT HOLIDAY</b> <i>The Club is closed all day</i>	<b>2</b> 9:45 Stretch & walk 10:00 Bowling <b>11:00 Positive Pals</b> <b>1:30 Anxiety Support Group</b> <b>2:00 Community Kitchen</b>	<b>3</b> <b>9:30 Pet Therapy</b> 9:45 Stretch & Walk 10:00 Lawson <b>11:00 Educational Video</b> 2:00 Knitting with Wanda	<b>4</b> 9:45 Stretch & walk 1:15 Bingo	<b>5</b> 9:45 Stretch & walk 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>6</b> 1:00 Lunch  <b>2:30 Movie &amp; Popcorn</b> 
<b>7</b> 1:00 Lunch <b>2:00 Workout Training</b> Free Coffee All Day 	<b>8</b> 9:45 Stretch & walk 10:30 Lawson <b>12:45 Music Group</b> <b>1:30 Seti Work Meeting</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b>	<b>9</b> <b>9:15 Reading Group</b> 9:45 Stretch & walk 10:00 Bowling <b>11:00 Positive Pals</b> <b>1:30 Anxiety Support Group</b> <b>2:00 Community Kitchen</b>	<b>10</b> 9:45 Stretch & Walk 10:00 Lawson <b>11:00 Educational Video</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>11</b> 9:45 Stretch & walk <b>11:00 Open Jam Session</b> 1:15 Bingo	<b>12</b> 9:45 Stretch & walk 10:00 Nail Care <b>11:15 LOL with John</b> 1:15 Popular Theatre Group <b>1:30 Crafts</b> 3:15 Lawson	<b>13</b> 1:00 Lunch <b>2:00-3:00 Writing for your life workshop</b>  <b>2:30 Big Bingo</b> 
<b>14</b> 1:00 Lunch <b>2:00 Workout Training</b> Free Coffee All Day 	<b>15</b> 9:45 Stretch & walk 10:30 Lawson <b>12:45 Music Group</b> <b>1:30 Seti Work Meeting</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b>	<b>16</b> <b>9:15 Reading Group</b> 9:45 Stretch & walk 10:00 Bowling <b>11:00 Positive Pals</b> <b>1:30 Anxiety Support Group</b> <b>2:00 Community Kitchen</b>	<b>17</b> <b>9:30 Pet Therapy</b> 9:45 Stretch & Walk 10:00 Lawson <b>11:00 Educational Video</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>18</b> 9:45 Stretch & walk 1:15 Bingo	<b>19</b> 9:45 Stretch & walk 10:00 Nail Care <b>11:15 LOL with John</b> 1:15 Popular Theatre Group <b>1:30 Crafts</b> 3:15 Lawson	<b>20</b> 1:00 Lunch  <b>2:30 Movie &amp; Popcorn</b>
<b>21</b> 1:00 Lunch <b>2:00 Workout Training</b> Free Coffee All Day 	<b>22</b> 9:45 Stretch & walk 10:30 Lawson <b>12:45 Music Group</b> <b>1:30 Seti Work Meeting</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b>	<b>23</b> <b>9:15 Reading Group</b> 9:45 Stretch & walk 10:00 Bowling <b>11:00 Positive Pals</b> <b>1:30 Anxiety Support Group</b> <b>2:00 Community Kitchen</b>	<b>24</b> 9:45 Stretch & Walk 10:00 Lawson <b>11:00 Educational Video</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>25</b> 9:45 Stretch & walk <b>11:00 Open Jam Session</b> 1:15 Bingo	<b>26</b> 9:45 Stretch & walk 10:00 Nail Care 1:15 Popular Theatre Group <b>1:30 Birthday Party</b> <b>1:45 Crafts</b> 3:15 Lawson	<b>27</b> 1:00 Lunch  <b>2:00-3:00 Writing for your life workshop</b>  <b>2:30 Big Bingo</b>
<b>28</b> 1:00 Lunch <b>2:00 Workout Training</b> Free Coffee All Day 	<b>29</b> 9:45 Stretch & walk 10:30 Lawson <b>12:45 Music Group</b> <b>1:30 Seti Work Meeting</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b>	<b>30</b> <b>9:15 Reading Group</b> 9:45 Stretch & walk 10:00 Bowling <b>11:00 Positive Pals</b> <b>1:30 Anxiety Support Group</b> <b>2:00 Community Kitchen</b>	<b>31</b> <b>9:30 Pet Therapy</b> 9:45 Stretch & Walk 10:00 Lawson <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda			

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

**Peer-run groups:** Reading Group: Tuesdays at 9:15 with Daniel and Melissa.

**-Positive Pals group**: Tuesdays at 11:00am will be facilitated by staff and Members. This is a chance for members to share their ideas/tools to create positive thinking and action.

**Open Jam Session**: With Matt Polsfut Thursday January 11<sup>th</sup> and 25<sup>th</sup> at 11:00.

**Writing for Your Life Workshop**: by author Linda Biasotto. See poster in club area. Saturday, January 13<sup>th</sup> and 27<sup>th</sup> from 2:00-3:00pm.

**Anxiety Support group**: welcomes drop ins on Tuesday's at 1:30.

**Please Welcome the Nursing Students!** 😊

**STAT HOLIDAY: Monday, January 1<sup>st</sup> the club will be closed all day.**

**SETI Work Meetings** with Melissa every Monday at 1:30 in the boardroom

**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 on Jan 3<sup>rd</sup>.**

**LOL with John**: This is a "joy workout" that will help you rediscover your sense of play. Friday, January 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> at 11:15pm. **No group on January 26<sup>th</sup>.**

**St. John's Pet Therapy**: Meet Margie and her dog Taffy Wednesday, January 3<sup>rd</sup>, 17<sup>th</sup> and 31<sup>st</sup> at 9:30am

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

**Yoga in a Chair: NO YOGA IN JANUARY. Linda will return in February 2018.**

**Weight Training/Treadmill**: On request – see staff.

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

**Community Kitchen**: Tuesdays at 2:00 Dillon 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.

**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.\*\*\*