

# July 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 Canada Day</b>	<b>2</b>  <b>Stat Holiday Canada Day</b>	<b>3</b> 9:30 Stretch & walk &Work-out 10:00 Golfing 11:00 Women's Group 2:30 Community Kitchen	<b>4</b> 9:30 Stretch & Farmers Market 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda	<b>5</b> 9:30 Stretch & walk &Work-out 10:00 Positive Pals 1:15 Bingo 1:45 Hip Hop Presentation 3:00 Regina Folk Fest Volunteer Info Session	<b>6</b> 9:30 Stretch & walk &Work-out 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Crafts 2:30 Big Bingo 3:15 Lawson	<b>7</b> 1:00 Lunch  2:30 Movie & Popcorn  
<b>8</b> 1:00 Lunch Free Coffee All Day 	<b>9</b> 9:30 Stretch & walk 10:30 Lawson 1:00 DJ Hour! 2:00 Popular Theatre Group 2:30 Social Group  <b>CAMP RACE</b>	<b>10</b> 9:30 Stretch & walk &Work-out 11:00 Women's Group  <b>CAMP RACE</b>	<b>11</b> <b>9:30 Pet Therapy</b> 9:30 Stretch & Farmers Market 10:00 Lawson 11:00 Educational Video 2:00 Knitting with Wanda 2:00 Men's Group  <b>CAMP RACE</b>	<b>12</b> 9:30 Stretch & walk &Work-out 10:00 Positive Pals 1:15 Bingo 2:00 Burrowing Owls Presentation	<b>13</b> 9:30 Stretch & walk &Work-out 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Crafts 3:15 Lawson	<b>14</b> 1:00 Lunch 2:00-3:00 Writing for your life workshop  2:30 Big Bingo  
<b>15</b> 1:00 Lunch Free Coffee All Day 	<b>16</b> 9:30 Stretch & walk &Work-out 10:30 Lawson 2:00 Popular Theatre Group 1:00 Visit to the Wascana Waterfowl Park 2:30 Social Group	<b>17</b> 9:30 Stretch & walk &Work-out 10:00 Golfing 11:00 Women's Group 2:30 Community Kitchen	<b>18</b> 9:30 Stretch & Farmers Market 10:00 Lawson 10:00 Fishing Trip 11:00 Educational Video 12:00 Volunteer BBQ 2:00 Knitting with Wanda	<b>19</b> 9:30 Stretch & walk &Work-out 10:00 Positive Pals 11:00 Open Jam Session 1:15 Bingo 2:00 Walking Art Tour Downtown	<b>20</b> 9:30 Stretch & walk &Work-out 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Crafts 3:15 Lawson	<b>21</b> 1:00 Lunch  2:30 Movie & Popcorn  
<b>22</b> 1:00 Lunch Free Coffee All Day 	<b>23</b> 9:30 Stretch & walk &Work-out 10:30 Lawson 1:00 Trivia Hour 2:00 Popular Theatre Group 2:30 Social Group	<b>24</b> 9:30 Stretch & walk &Work-out 10:00 Golfing 11:00 Women's Group 2:30 Community Kitchen	<b>25</b> <b>9:30 Pet Therapy</b> 9:30 Stretch & Farmers Market 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda	<b>26</b> 9:30 Stretch & walk &Work-out 10:00 Positive Pals 11:00 Open Jam Session 1:15 Bingo 2:00 Visit to the Mackenzie Art Gallery	<b>27</b> 9:30 Stretch & walk &Work-out 10:00 Nail Care 1:15 Popular Theatre Group <b>1:30 Birthday Party</b> 1:45 Crafts 3:15 Lawson	<b>28</b> 1:00 Lunch  2:00-3:00 Writing for your life  2:30 Big Bingo  
<b>29</b> 1:00 Lunch Free Coffee All Day 	<b>30</b> 9:30 Stretch & walk &Work-out 10:30 Lawson 1:00 Lawn Games at Victoria Park 2:00 Popular Theatre Group 2:30 Social Group	<b>31</b> 9:30 Stretch & walk &Work-out <b>10:00 Day trip: Regina Beach</b> 11:00 Women's Group 2:30 Community Kitchen				 Canadian Mental Health Association Mental health for all

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

**PLEASE WELCOME OUR SUMMER STUDENT MADELAINE! SHE HAS LOTS OF FUN ACTIVITIES PLANNED!**

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

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

Open Jam Session: With Matt Polsfut Thursday July 19<sup>th</sup> and 26<sup>th</sup> at 11:00.

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

Computers 101: Learn everything you've always wanted to know about computers with Logan.

**DJ Hour**: Monday, July 9<sup>th</sup> at 1:00pm. Submit your favourite song to Madelaine (DJ Madster) and she'll play it in the common room!

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

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

**Men's Support group**: Drop-in – July 11 @ 2pm

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

**BBQ for Ride Don't Hide volunteers**: Wednesday, July 18<sup>th</sup> at 12:00pm

**Saskatchewan Burrowing Owls Presentation**- July 12 @ 2pm The Burrowing Owls Interpretive Centre will be paying us a visit! Come and learn about Saskatchewan's endangered feathery friends and meet a real burrowing owl!

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

**Hip Hop Presentation with Dan**: July 5 at 1:45pm

**Fishing Trip with Dillon**: Wednesday July 18<sup>th</sup> (location to be determined)

**Day Trip**: Tuesday, July 31<sup>st</sup> at 10:00am. Join Risa on a trip to Regina Beach. Sign up sheet will be posted the week before. Priority goes to those who have not been on a camping trip or the fishing trip.

**Trivia Hour**- Monday, July 21<sup>st</sup> at 1:00pm there will be an afternoon of friendly Trivia competition, sign up solo or as a team!

**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 July 11<sup>th</sup> and 18<sup>th</sup>)

**St. John's Pet Therapy**: Meet Margie and her dog Taffy Wednesday, July 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**: No Yoga during the month of July while Linda is on holidays. Yoga will resume in September.

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

**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**: Bernadette is off for the summer. Music Group will resume in September.

**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.\*\*\*

**Camp Race Saskatoon trip is July 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup>. Have your applications submitted by July 3<sup>rd</sup>.**