

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

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 19th and 26th 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 9th 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 14th & 28th 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 18th 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 18th (location to be determined)

Day Trip: Tuesday, July 31st 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 21st 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 11th and 18th)

St. John's Pet Therapy: Meet Margie and her dog Taffy Wednesday, July 11th & 25th 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 9th, 10th, and 11th. Have your applications submitted by July 3rd.