











March 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
				1 9:45 Stretch & walk 10:00 Positive Pals 1:15 Bingo 2:00 Yoga 2:30 Anxiety Support Group	2 9:45 Stretch & walk 10:00 Nail Care 11:15 LOL with John 1:15 Popular Theatre Group 1:30 Crafts 2:30 Big Bingo 3:15 Lawson	3 1:00 Lunch 2:30 Movie & Popcorn 
4 1:00 Lunch 2:00 Workout Training Free Coffee All Day 	5 9:45 Stretch & walk 10:30 Lawson 12:45 Music Group 1:30 Seti Work Meeting 2:00 Popular Theatre Group 2:30 Social Group	6 9:45 Stretch & walk 10:00 Bowling 11:00 Positive Pals 1:30 Anxiety Support Group 2:00 Yoga 2:30 Community Kitchen	7 9:30-2 Wellness Wednesday 9:45 Stretch & Walk 10:00 Lawson 11:00 Health Presentation 12:30-2 Open Art Studio 2:00 Knitting with Wanda	8 9:45 Stretch & walk 11:00 Open Jam Session 1:15 Bingo 2:00 Yoga 2:30 Anxiety Support Group	9 9:45 Stretch & walk 10:00 Nail Care 11:15 LOL with John 1:15 Popular Theatre Group 1:30 Crafts 3:15 Lawson	10 1:00 Lunch 2:00-3:00 Writing for your life workshop 2:30 Big Bingo 
11 1:00 Lunch 2:00 Workout Training Free Coffee All Day 	12 9:45 Stretch & walk 10:30 Lawson 12:45 Music Group 1:30 Seti Work Meeting 2:00 Popular Theatre Group 2:30 Social Group	13 9:45 Stretch & walk 10:00 Bowling 11:00 Positive Pals 1:30 Anxiety Support Group 2:00 Yoga 2:30 Community Kitchen	14 9:30 Pet Therapy 9:30-2 Wellness Wednesday 9:45 Stretch & Walk 10:00 Lawson 1:15 Presentation on Personal Hygiene 2:00 Knitting with Wanda	15 9:45 Stretch & walk 10:00 Positive Pals 1:30 St. Patrick's Day Tea 2:30 Anxiety Support Group	16 9:45 Stretch & walk 10:00 Nail Care 11:15 LOL with John 1:15 Popular Theatre Group 1:30 Crafts 3:15 Lawson	17 1:00 Lunch 2:30 Movie & Popcorn 
18 1:00 Lunch 2:00 Workout Training Free Coffee All Day 	19 9:45 Stretch & walk 10:30 Lawson 12:45 Music Group 1:30 Seti Work Meeting 2:00 Popular Theatre Group 2:30 Social Group	20 9:45 Stretch & walk 10:00 Bowling 11:00 Positive Pals 1:30 Anxiety Support Group 2:00 Yoga 2:30 Community Kitchen	21 9:30-2 Wellness Wednesday 9:45 Stretch & Walk 10:00 Lawson 11:00 Presentation on HIV/AIDS 12:30-2 Open Art Studio 2:00 Knitting with Wanda	22 9:45 Stretch & walk 10:00 Positive Pals 11:00 Open Jam Session 1:15 Bingo 2:00 Yoga 2:30 Anxiety Support Group	23 9:45 Stretch & walk 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Birthday Party 1:45 Crafts 3:15 Lawson	24 1:00 Lunch 2:00-3:00 Writing for your life 2:30 Big Bingo 
25 1:00 Lunch 2:00 Workout Training Free Coffee All Day 	26 9:45 Stretch & walk 10:30 Lawson 12:45 Music Group 1:30 Seti Work Meeting 2:00 Popular Theatre Group 2:30 Social Group	27 9:45 Stretch & walk 10:00 Bowling 11:00 Positive Pals 1:30 Anxiety Support Group 2:00 Yoga 2:30 Community Kitchen	28 9:30-2 Wellness Wednesday 9:30 Pet Therapy 9:45 Stretch & Walk 10:00 Lawson 10:00 Mind/Body Fitness Presentation 12:30-2 Open Art Studio 2:00 Knitting with Wanda	29 9:45 Stretch & walk 10:00 Positive Pals 11:30 Student's Farewell Meal 1:15 Bingo 2:00 Yoga 2:30 Anxiety Support Group	30  Club is closed all day for stat holiday.	31 1:00 Lunch 2:30 Movie & Popcorn 

WHAT'S GOING ON in March at the Members' Club

In recognition of CMHA's 100-year anniversary in 2018, we will focus on the following subjects in March: March is Music Therapy Awareness Month, Epilepsy Awareness Month, and Kidney Health Month. Brain Awareness Week is March 12th – 18th

Peer-run groups: Positive Pals group: Tuesdays at 11:00am will be facilitated by Risa and Members. This is a chance for members to share their ideas/tools to create positive thinking and action. The nursing student's positive pals group on Thursdays at 10am

Open Jam Session: With Matt Polsfut Thursday March 8th and 22nd at 11:00.

Writing for Your Life Workshop: by author Linda Biasotto. See poster in club area. Saturday, March 10th and March 24th from 2:00-3:00pm.

Anxiety Support group: with Risa. Drop-ins welcome. Tuesday's at 1:30 and Thursday's at 2:30.

Nursing Students: Caitlin and Sam will be here Wednesdays and Thursdays for the remainder of the month. Their farewell party will be held on March 29th at 11:30am.

-Wellness Wednesdays: Every Wednesday from 9:30-2 the nursing students will take your blood pressure, pulse etc.

-Health Presentations on various topics by the Nursing students- March 7 @11am: Seizures, March 14 @1:15pm: Hygiene, March 21st @11am: Hep. C, HIV/AIDS, March 28th @11am: Mind/Body Fitness

EASTER MEAL: March 29th @ Noon. Please sign up on the list by staff office. Members only.

STAT HOLIDAY: Friday, March 30 the club will be closed all day

St. Patrick's Tea: March 15th @ 1:30 – Hosted by the Inner Wheel Eastview Group, with special entertainment by Brian Sklar!

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.

LOL with John: This is a "joy workout" that will help you rediscover your sense of play. Friday, March 2nd, 9th and 16th at 11:15pm.

St. John's Pet Therapy: Meet Margie and her dog Taffy Wednesday, March 14th and 28th 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: On request – see staff.

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.

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.