

# May 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>Celebrate Mental Health week with us May 7<sup>th</sup> to 13<sup>th</sup></b>		<b>1</b> 9:30 Stretch & walk &Work-out 10:00 Bowling 11:00 Women's Group 1:30 Self-Esteem 2:00 Yoga 2:30 Community Kitchen	<b>2</b> 9:30 Stretch & Walk &Work-out 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda	<b>3</b> 9:30 Stretch & walk &Work-out 10:00 Positive Pals 1:15 Bingo 2:00 Yoga 2:30 Coping Tool Box	<b>4</b> 9:30 Stretch & walk &Work-out 10:00 Nail Care 11:15 LOL with John 1:15 Popular Theatre Group 1:30 Crafts 2:30 Big Bingo 3:15 Lawson	<b>5</b> 1:00 Lunch 2:30 Movie & Popcorn 
	<b>6</b> 1:00 Lunch 2:00 Workout Training Free Coffee All Day 	<b>7</b> 9:30 Stretch & walk 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group	<b>8</b> 9:30 Stretch & walk &Work-out 10:00 Bowling 11:00 Women's Group 1:30 Self-Esteem 2:00 Yoga 2:30 Community Kitchen	<b>9</b> 9:30 Pet Therapy 9:30 Stretch & Walk &Work-out 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 1:30 Volunteer Appreciation 2:00 Knitting with Wanda	<b>10</b> 9:30 Stretch & walk &Work-out 10:00 Positive Pals 11:00-1:00 Mental Health Week Brunch 1:15 Bingo 2:00 Yoga 2:30 Coping Tool Box	<b>11</b> 9:30 Stretch & walk &Work-out 10:00 Nail Care 11:15 LOL with John 1:15 Popular Theatre Group 1:30 Crafts 3:15 Lawson
<b>13</b> 1:00 Lunch 2:00 Workout Training Free Coffee All Day 	<b>14</b> 9:30 Stretch & walk &Work-out 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group 3:00 Computers 101 with Logan	<b>15</b> 9:30 Stretch & walk &Work-out 10:00 Bowling 11:00 Women's Group 1:30 Self-Esteem 2:00 Yoga 2:30 Community Kitchen	<b>16</b> 9:30 Stretch & Walk &Work-out 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda	<b>17</b> 9:30 Stretch & walk &Work-out 10:00 Positive Pals 11:00 Open Jam Session 1:15 Bingo 2:00 Yoga 2:30 Coping Tool Box	<b>18</b> 9:30 Stretch & walk &Work-out 10:00 Nail Care 11:15 LOL with John 1:15 Popular Theatre Group 1:30 Crafts 3:15 Lawson	<b>19</b> 1:00 Lunch 2:30 Movie & Popcorn 
<b>20</b> 1:00 Lunch 2:00 Workout Training Free Coffee All Day 	<b>21</b> <b>Closed for Victoria Day</b>	<b>22</b> 9:30 Stretch & walk &Work-out 10:00 Bowling 11:00 Women's Group 1:30 Self-Esteem 2:00 Yoga 2:30 Community Kitchen	<b>23</b> 9:30 Pet Therapy 9:30 Stretch & Walk &Work-out 10:00 Lawson 11:00 Educational Videos 12:30-2 Open Art Studio 2:00 Knitting with Wanda 2:00 Men's Group	<b>24</b> 9:30 Stretch & walk &Work-out 10:00 Positive Pals 11:00 Open Jam Session 1:15 Bingo 2:00 Yoga 2:30 Coping Tool Box	<b>25</b> 9:30 Stretch & walk &Work-out 10:00 Nail Care 11:15 LOL with John 1:15 Popular Theatre Group 1:30 Birthday Party 1:45 Crafts 3:15 Lawson	<b>26</b> 1:00 Lunch 2:00-3:00 Writing for your life 2:30 Big Bingo 
<b>27</b> 1:00 Lunch 2:00 Workout Training Free Coffee All Day 	<b>28</b> 9:30 Stretch & walk &Work-out 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group	<b>29</b> 9:30 Stretch & walk &Work-out 10:00 Bowling 11:00 Women's Group 1:30 Self-Esteem 2:00 Yoga 2:30 Community Kitchen	<b>30</b> 9:30 Pet Therapy 9:30 Stretch & Walk &Work-out 10:00 Lawson 11:00 Educational Videos 12:30-2 Open Art Studio 2:00 Knitting with Wanda	<b>31</b> 9:30 Stretch & walk &Work-out 10:00 Positive Pals 1:15 Bingo 2:00 Yoga 2:30 Coping Tool Box		

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

### **CMHA's 67<sup>th</sup> annual Mental Health Week is May 7<sup>th</sup> – 13<sup>th</sup>!**

"Mental Health is about more than mental illness. It's more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Everyone deserves to feel well, whatever their mental health experience. And we all need a support system to lean on."

**Please welcome the nursing students, starting May 3<sup>rd</sup> until June 14<sup>th</sup> Tuesdays, Wednesdays and Thursdays.**

**Join the nursing student for:**

- Wellness Wednesdays from 10:00 – 2:00
- Health Education Wednesdays at 11:00am
- Positive Pals Thursdays at 10:00am

**Note: We will be closed on May 21<sup>st</sup> for Victoria Day**

### **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 May 17<sup>th</sup> and 24<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.

**Writing for Your Life Workshop**: by author Linda Biasotto. See poster in club area. Saturday, May 12<sup>th</sup> & 26<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. Fridays @ 11:00 (May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>).

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

**Men's Support group**: Drop-in – May 23<sup>rd</sup> @ 2pm

**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 May 16<sup>th</sup>)

**St. John's Pet Therapy**: Meet Margie and her dog Taffy Wednesday, May 9<sup>th</sup> & 23<sup>rd</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.

**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.\*\*\*