

October 2017

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 1:00 Lunch 2:00 Workout Training Free Coffee All Day</p> 	<p>2 9:45 Stretch & walk 10:30 Lawson 12:45 Music Group 1:30 Seti Work Meeting 2:15 Popular Theatre Group 2:30 Social Group</p>	<p>3 9:15 Reading Group 9:45 Stretch & walk 10:00 Bowling 11:00 Positive Pals 1:30 Anxiety Support Group 2:00 Yoga 2:00 Community Kitchen</p>	<p>4 9:45 Stretch & Walk 10:00 Lawson 11:00 Uncovering Mental Illness Documentary 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>5 9:45 Stretch & walk 12:00 Thanksgiving Dinner 1:15 Bingo 2:00 Yoga</p>	<p>6 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</p>	<p>7 1:00 Lunch 2:30 Movie & Popcorn</p> 	
<p>8 1:00 Lunch 2:00 Workout Training Free Coffee All Day</p> 	<p>9 Stat Holiday Club is Closed all day</p> 	<p>10 9:15 Reading Group 9:45 Stretch & walk 10:00 Bowling 11:00 Positive Pals 1:30 Anxiety Support Group 2:00 Yoga 2:00 Community Kitchen</p>	<p>11 9:30 Pet Therapy 9:45 Stretch & Walk 10:00 Lawson 11:00 Coping Skills Presentation 1:30 Coping Skills group 2:00 Knitting with Wanda</p>	<p>12 9:45 Stretch & walk 11:00 Open Jam Session 1:15 Bingo 2:00 Yoga</p>	<p>13 9:45 Stretch & walk 10:00 Nail Care 11:15 LOL with John 1:15 Popular Theatre Group 1:30 Crafts 3:15 Lawson</p>	<p>14 1:00 Lunch 2:30 Big Bingo</p> 	
<p>15 1:00 Lunch 2:00 Workout Training Free Coffee All Day</p> 	<p>16 9:45 Stretch & walk 10:30 Lawson 11:00 HIV 101 presentation 12:45 Music Group 1:30 Seti Work Meeting 2:15 Popular Theatre Group 2:30 Social Group</p>	<p>17 9:15 Reading Group 9:45 Stretch & walk 10:00 Bowling 11:00 Positive Pals 1:30 Anxiety Support Group 1:30-3 WHMIS training 2:00 Yoga 2:00 Community Kitchen</p>	<p>18 9:45 Stretch & Walk 10:00 Lawson 11:00 Cold & Flu Presentation 12:30-2 Open Art Studio 1:30 Coping Skills 2:00 Knitting with Wanda</p>	<p>19 9:45 Stretch & walk 11:00 Open Jam Session 1:15 Bingo 2:00 Yoga</p>	<p>20 9:45 Stretch & walk 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Crafts 3:15 Lawson</p>	<p>21 1:00 Lunch 2:00-3:00 Writing for your life workshop 2:30 Movie & Popcorn</p> 	
<p>22 1:00 Lunch 2:00 Workout Training Free Coffee All Day</p> 	<p>23 9:45 Stretch & walk 10:30 Lawson 12:45 Music Group 1:30 Seti Work Meeting 2:15 Popular Theatre Group 2:30 Social Group</p>	<p>24 9:15 Reading Group 9:45 Stretch & walk 10:00 Bowling 11:00 Positive Pals 1:30 Anxiety Support Group 1:30-3 Resume building with Melissa 2:00 Yoga 2:00 Community Kitchen</p>	<p>25 9:30 Pet Therapy 9:45 Stretch & Walk 10:00 Lawson 11:00 Nutrition 1:30 Coping skills 2:00 Knitting with Wanda 2:30 Baking</p>	<p>26 9:45 Stretch & walk 10:30 Trip to Moose Jaw 1:15 Bingo 2:00 Yoga</p>	<p>27 9:45 Stretch & walk 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Birthday Party 1:45 Crafts 3:15 Lawson</p>	<p>28 1:00 Lunch 2:00-3:00 Writing for your life workshop 2:30 Big Bingo</p> 	
<p>29 1:00 Lunch 2:00 Workout Training Free Coffee All Day</p>	<p>30 9:45 Stretch & walk 10:30 Lawson 12:45 Music Group 1:30 Seti Work Meeting 2:00 Pumpkin Carving 2:15 Popular Theatre 2:30 Social Group</p> 	<p>31 9:15 Reading Group 9:45 Stretch & walk 10:00 Bowling 11:00 Positive Pals 1:30 Anxiety Support Group 2:00 Yoga 2:30 Halloween Dance</p>	<p style="font-size: 1.2em; margin: 0;">Mental Illness Awareness Week</p> <p style="font-size: 1.2em; margin: 0;">October 1-7, 2017</p> <p style="font-size: 1.2em; margin: 0;">“Faces of Mental Illness”</p>				

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

MEMBERS' SURVEY. Please complete this online at <https://www.surveymonkey.com/r/SYMN2GZ> on your own OR sit down with staff to do so. Your feedback is greatly appreciated!

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

-**Positive Pals group:** Tuesdays at 11:00am will be facilitated by the nursing students 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 October 12th and 19th at 11:00.

Writing for Your Life Workshop: by author Linda Biasotto. See poster in club area. Saturday, October 21th and 28th from 2:00-3:00pm.

Nursing Students: Please welcome Christina & Sara who will be here every Tuesday & Wednesday. Join their **Reading group** on Tuesday mornings at 9:15; they will read to you. **Presentations:** Wednesday at 11am October 11 on **coping skills**, 18 on **cold & flu**, and 25 on **nutrition**. **Coping Skill groups** on Wednesdays at 1:30.

Mental Illness Awareness Week: October 1st to the 7th – see website for the Canadian Alliance on Mental Illness and Mental Health on this public education campaign. Join us on October 4th for a documentary.

Wellness Recovery Action Plan (WRAP): Sessions start October 6th from 1:30 – 3:30pm. Pre-registration is required. See posting in the club for details.

Moose Jaw Trip: Thursday, October 26th at 10:30am. See Suzanne to register.

STAT HOLIDAY: Monday, October 9th. The club is closed all day.

Thanksgiving Dinner: Thursday, October 5th at 12:00. Sign-up sheet on the window. **Members only.**

Pumpkin Carving: Monday, October 30th at 2:00pm

Halloween Dance: Boogie down on Tuesday, October 31st at 2:30pm. Fun snack to be served.

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

WHMIS training: Provided by Melissa on Tuesday, October 17th from 1:30-3pm in the boardroom

Resume Building: Melissa will help with resumes on Tuesday, October 24th from 1:30-3pm 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 Oct. 11 & 25th

HIV 101: Monday, October 16th at 11:00 Presentation from Aids Program South Saskatchewan (APSS)

LOL with John: This is a "joy workout" that will help you rediscover your sense of play. Friday, October 6th and 13th at 11:15pm.

Baking with Chef Suzanne: Let's bake some treats!! Wednesday, October 11th and 25th at 2:30pm

St. John's Pet Therapy: Meet Margie and her dog Taffy Wednesday, October 11th and 25th 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: 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 2:00 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.