

September 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 1:00 Lunch 2:30 Movie & Popcorn 
2 1:00 Lunch Free Coffee All Day 	3 Closed for Stat Holiday	4 9:30 Stretch & walk & Work-out 10:00 Golfing 11:00 Women's Group 2:00 Yoga 2:30 Standing yoga 2:30 Community Kitchen	5 9:30 Pet Therapy 9:30 Stretch & Walk 10:00 Lawson 11:00 Educational Video 2:00 Knitting with Wanda	6 9:30 Stretch & walk & Work-out 10:00 Positive Pals 10:00 Fishing Trip 10:30 Chess Club 1:15 Bingo 2:00 Yoga	7 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	8 1:00 Lunch 2:00-3:00 Writing for your life workshop 2:30 Movie & Popcorn 
9 1:00 Lunch Free Coffee All Day 	10 9:30 Stretch & walk & Work-out 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group	11 9:30 Stretch & walk & Work-out 10:00 Golfing 11:00 Women's Group 1:15 RCMP Heritage Center 2:00 Yoga 2:30 Standing yoga 2:30 Community Kitchen	12 9:30 Stretch & Walk 10:00 Lawson 11:00 Educational Video 1:00 Pool Tournament 2:00 Knitting with Wanda	13 9:30 Stretch & walk & Work-out 10:00 Positive Pals 11:00 Open Jam Session 1:15 Bingo 2:00 Yoga	14 9:30 Stretch & walk & Work-out 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Crafts 2:00 Hip Hop with Dan 3:15 Lawson	15 1:00 Lunch 2:30 Big Bingo 
16 1:00 Lunch Free Coffee All Day 	17 9:30 Stretch & walk 9:45 Meditation with Melissa 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group	18 9:30 Stretch & walk & Work-out 10:00 Golfing 11:00 Women's Group 2:00 Yoga 2:30 Standing yoga 2:30 Community Kitchen	19 9:30 Pet Therapy 9:30 Stretch & Walk 10:00 Lawson 11:00 Hygiene Presentation 12:30-2 Open Art Studio 2:00 Knitting with Wanda	20 9:30 Stretch & walk & Work-out 10:00 Positive Pals 10:30 Chess Club 11:00 Cribbage Tournament 1:15 Bingo 2:00 Yoga 3:00 Men's Group	21 9:30 Stretch & walk & Work-out 9:45 Wascana Trails Hiking trip 10:00 Nail Care 1:15 Popular Theatre Group 1:00 Lumsden Gardens 1:30 Crafts 3:15 Lawson	22 1:00 Lunch 2:00-3:00 Writing for your life 2:30 Movie & Popcorn 
23/30 1:00 Lunch Free Coffee All Day 	24 9:30 Stretch & walk & Work-out 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group	25 9:30 Stretch & walk & Work-out 10:00 Bowling 11:00 Women's Group 1:15 Royal Sask Museum 2:00 Yoga 2:30 Standing yoga 2:30 Community Kitchen	26 9:30 Stretch & walk 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda	27 9:30 Stretch & walk & Work-out 10:00 Positive Pals 11:00 Open Jam Session 1:15 Bingo 2:00 Yoga	28 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	29 1:00 Lunch 2:30 Big Bingo 

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

We will be closed all day on September 3rd (Stat holiday)

PLEASE COMPLETE THE ANNUAL MEMBERS' SURVEY.

Get a free ice cream treat from the canteen as a reward for completing the survey!

Welcome to the Nursing students who will be with us starting Sept. 6th, every Thursday and Friday. ☺

Peer-run groups:

Positive Pals group: Thursdays at 10:00am. Facilitated by 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 September 13th and 27th at 11:00.

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

Writing for Your Life Workshop: by author Linda Biasotto. See poster in club area. Saturday, 8th & 22nd from 2:00-3:00pm.

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

Men's Support group: Drop-in – September 20th at 3:00pm

Educational Videos: Wednesdays at 11:00

Hip Hop Class: Join Dan on Friday, Sept 14th at 2:00pm

Meditation with Melissa: Join Melissa every second Monday at 9:45am for some quiet meditation after stretch and walk

Chess Club: Learn how to play chess with Melissa on Thursday Sept 6th and 20th at 10:30am

Fishing trip: Join Dillon on Thursday Sept 6th at 10:00am

Outings: RCMP Heritage Center on Sept 11th at 1:15pm. Wascana Trails Hiking on Sept 21st at 9:45am. Lumsden Gardens on Sept 21st at 1:00pm. Royal Sask Museum on Sept 25th at 1:15pm. Sign up sheets will be located on the office window.

Hygiene Presentation: Join Melissa on Sept 19th at 11:00am for an exciting presentation on how to keep yourself clean and healthy

Pool Tournament and Cribbage Tournament: Sign up sheet will be located on the office window

Knitting with Wanda: Join Wanda Wednesdays at 2:00pm for knitting in the club.

Open Art Studio: Join Amanda from Paper Crane Community Arts Centre. Wednesday September 19th and 26th. No artistic experience is necessary to enjoy this group. No group on Sept. 5th and Sept. 12th.

St. John's Pet Therapy: Meet Margie and her dog Taffy Wednesday, September 5th & 19th 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 for yoga in a chair and at 2:30pm for standing yoga

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: 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.