

April 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
CANADIAN MENTAL HEALTH ASSOCIATION, REGINA BRANCH (306) 525-9543 1810 ALBERT STREET						1 1:00 Lunch 2:30 Movie & Popcorn 
2 1:00 Lunch 2:00 Workout Training Free Coffee All Day 	3 9:45 Stretch & walk 10:30 Coffee Group 12:45 Music Group 2:15 Popular Theatre Group 2:30 Social Group 3:00 Lawson	4 9:45 Stretch & walk 10:00 Bowling 1:30 Anxiety Support Group 2:00 Community Kitchen	5 9:45 Stretch & walk 10:00 Lawson 11:00 Fox Valley Presentation 10:30 Men's Coffee 12:30-2 Open Art Studio 2:00 Knitting	6 9:45 Stretch & walk 11:00 Positive Pals 11:30 Leaving Party for Christina & Kelsey 1:15 Bingo 2:30 Afternoon Movie	7 9:45 Stretch & walk 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 2:00 Workout Training Free Coffee All Day 	10 9:45 Stretch & walk 10:30 Coffee Group 12:45 Music Group 2:15 Popular Theatre Group 2:30 Social Group 3:00 Lawson	11 9:45 Stretch & walk 10:00 Bowling 1:30 Anxiety Support Group 2:00 Community Kitchen	12 9:30 Pet Therapy 9:45 Stretch & walk 10:00 Lawson 10:30 Women's Coffee 12:30-2 Open Art Studio 2:00 Knitting 2:30 Egg Colouring	13 9:45 Stretch & walk 11:00 Positive Pals 11:00 Open Jam Session 1:15 Bingo 1:30-3:30 Easter and Spring Dance	14  STAT HOLIDAY CLUB IS CLOSED ALL DAY	15 1:00 Lunch 2:30 Big Bingo 
16 1:00 Lunch 2:00 Workout Training Free Coffee All Day 	17 9:45 Stretch & walk 10:30 Coffee Group 11:30 Leaving Party for Parmpreet 12:45 Music Group 2:15 Popular Theatre Group 2:30 Social Group 3:00 Lawson	18 9:45 Stretch & walk 10:00 Bowling 12:00 Easter Dinner 1:30 Anxiety Support Group 2:00 Community Kitchen	19 9:45 Stretch & Walk 10:00 Lawson 10:30 Men's Coffee 11:00 Educational Video 2:00 Knitting	20 9:45 Stretch & walk 11:00 Positive Pals 1:15 Bingo 2:30 Afternoon Movie	21 9:45 Stretch & walk 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Crafts 3:15 Lawson	22 1:00 Lunch 2:00-3:00 Writing for your life workshop 2:30 Movie & Popcorn 
23/31 1:00 Lunch 2:00 Workout Training Free Coffee All Day 	24 9:45 Stretch & walk 10:30 Coffee Group 11:00 Presentation on Effective Communication 12:45 Music Group 2:15 Popular Theatre Group 2:30 Social Group 3:00 Lawson	25 9:45 Stretch & walk 10:00 Bowling 11:00 Coffee with the ED 1:30 Anxiety Support Group 2:00 Community Kitchen	26 9:30 Pet Therapy 9:45 Stretch & Walk 10:00 Lawson 10:30 Women's Coffee 12:30-2 Open Art Studio 2:00 Knitting	27 9:45 Stretch & walk 11:00 Positive Pals 11:00 Open Jam Session 1:15 Bingo 2:30 Afternoon Movie	28 9:45 Stretch & walk 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 