

November 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
				<p>1 9:30 Stretch & walk & Work-out 10:00 Positive Pals 10:30 Chess Club 11:00 Open Jam Session 12:30-2:30 TLC 1:15 Bingo 2:00 Yoga</p>	<p>2 9:30 Stretch & walk & Work-out 10:00 Nail Care 11:30 Exercise Presentation 1:15 Popular Theatre Group 1:30 Crafts 2:30 Big Bingo 3:15 Lawson</p>	<p>3 1:00 Lunch 2:30 Movie & Popcorn</p> 
<p>4 1:00 Lunch Free Coffee All Day</p> 	<p>5 9:30 Stretch & walk & Work-out 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games</p>	<p>6 9:30 Stretch & walk & Work-out 10:00 Bowling 11:00 Women's Group 2:00 Yoga</p>	<p>7 9:30 Pet Therapy 9:30 Stretch & Walk 10:00 Lawson 11:00 Educational Video 2:00 Knitting with Wanda</p> <p>Community 4 Connection at Knox Met 10-2</p>	<p>8 9:30 Stretch & walk & Work-out 10:00 Positive Pals 10:30 Chess Club 11:00 Member Memorial 1:15 Bingo 2:00 Yoga</p>	<p>9 9:30 Stretch & walk & Work-out 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Crafts 2:00 Hip Hop 3:15 Lawson</p>	<p>10 1:00 Lunch 2:00-3:00 Writing for your life workshop 2:30 Big Bingo</p> 
<p>11 REMEMBRANCE DAY CLUB IS CLOSED ALL DAY</p> 	<p>12 1:00 Lunch</p> <p>CLUB IS OPEN FROM 12-4PM</p>	<p>13 9:30 Stretch & walk & Work-out 10:00 Bowling 11:00 Men's Group 2:00 Yoga 2:30 Community Kitchen</p>	<p>14 9:30 Stretch & Walk 10:00 Lawson 11:00 Educational Video 2:00 Knitting with Wanda 2:30 Body Works with Sarah</p>	<p>15 9:30 Stretch & walk & Work-out 10:00 Positive Pals 10:30 Chess Club</p> <p>Club is closed at 12:30 pm for staff training</p>	<p>16 9:30 Stretch & walk & Work-out 10:00 Nail Care 11:30 Depression & Anxiety Presentation 1:15 Popular Theatre Group 1:30 Crafts 3:00 DJ Hour 3:15 Lawson</p>	<p>17 1:00 Lunch 2:30 Movie & Popcorn</p> 
<p>18 1:00 Lunch Free Coffee All Day</p> 	<p>19 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 3:00 Wii games</p>	<p>20 9:30 Stretch & walk & Work-out 10:00 Bowling 11:00 Women's Group 2:00 Yoga 2:30 Community Kitchen</p>	<p>21 9:30 Pet Therapy 9:30 Stretch & Walk 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>22 9:30 Stretch & walk & Work-out 10:00 Positive Pals 10:30 Chess Club 11:00 Open Jam Session 12:30-2:30 TLC 1:15 Bingo 2:00 Yoga</p>	<p>23 9:30 Stretch & walk & Work-out 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Crafts 2:00 Hip Hop 3:15 Lawson</p>	<p>24 1:00 Lunch 2:00-3:00 Writing for your life 2:30 Big Bingo</p> 
<p>25 1:00 Lunch Free Coffee All Day</p> 	<p>26 9:30 Stretch & walk & Work-out 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games</p>	<p>27 9:30 Stretch & walk & Work-out 10:00 Bowling 11:00 Men's Group 2:00 Yoga 2:30 Community Kitchen Giving Tuesday: -hit the streets to give out Hot Chocolate & Popcorn</p>	<p>28 9:30 Stretch & walk 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>29 9:30 Stretch & walk & Work-out 10:00 Positive Pals 11:30 Addiction Presentation by APSS 1:15 Bingo 2:00 Yoga</p>	<p>30 9:30 Stretch & walk & Work-out 10:00 Nail Care 11:00-1:30 TLC 11:30 Student Leaving Party 1:15 Popular Theatre Group 1:30 Birthday Party 3:15 Lawson</p>	

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

We will be closed all day on Sunday November 11th (Stat holiday) and on November 12 only open 12-4 & closed November 15th at 12:30 (Staff training afternoon)

PLEASE COMPLETE THE ANNUAL MEMBERS' SURVEY.

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

Welcome Nursing students Haley & McKenzie, every Thursday and Friday

Join the nursing students on Thursday November 1st, 22nd and Friday November 30th for **TLC** (wellness support, including blood pressure monitoring, glucose monitoring, health education and promotion).

Join them Friday November 2nd Exercise Presentation

November 16th Depression & Anxiety Presentation

November 29th Addiction Presentation by APSS (Aides Program South Saskatchewan)

Student Leaving Party November 30th at 11:30. Come say thank you and goodbye to our nursing students Haley and Mackenzie.

Giving Tuesday: November 27th Please join us in giving out hot chocolate and popcorn to the community

Members Annual Memorial: November 8th at 11:00 am. This ceremony is to honor all the CMHA Members who have passed away this year and others. Families and Support workers are welcome to join us.

Wii at 3pm on Mondays

Body Works with Sarah November 14th at 2:30: learn self-relaxation and self-care techniques

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 November 1st and 22nd 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, November 10th & 24th from 2:00-3:00pm.

Women's Support group: Drop-in – Tuesdays at 11:00: November 6th and 20th.

Men's Support group: Drop-in – Tuesdays at 11:00: November 13th and 27th.

Educational Videos: Wednesdays at 11:00

DJ Hour: Friday November 16th. Request your favourite songs.

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

Chess Club: Practice playing chess Thursday November 1st, 8th, 15th and 22nd at 10:30am

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* every Wednesday. No artistic experience is necessary to enjoy this group. No group on November 7th and 14th.

St. John's Pet Therapy: Meet Margie and her dog Taffy Wednesday, November 7th & 21st 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.

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.

Agribition Tickets: Check PreVoc office window for information about admission tickets to Agribition

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 on November 30th at 1:30 to celebrate Members with a Birthday in November. 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.*****