










# October 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>1</b> 9:30 Stretch & walk & Work-out 9:45 Meditation with Melissa 10:30 Lawson <b>12:45 Music Group</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b> <b>3:00 DJ Hour</b>	<b>2</b> 9:30 Stretch & walk & Work-out 10:00 Bowling <b>11:00 Women's Group</b> <b>2:00 Yoga</b> 2:30 Community Kitchen <b>3:00 MIAW Film</b>	<b>3</b> 9:30 Stretch & Walk 10:00 Lawson <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>4</b> 9:30 Stretch & walk & Work-out <b>10:00 Positive Pals</b> <b>10:30 Chess Club</b> <b>12:00 Thanksgiving Meal</b> 1:15 Bingo <b>2:00 Yoga</b>	<b>5</b> 9:30 Stretch & walk & Work-out 10:00 Nail Care 1:15 Popular Theatre Group <b>1:30 Crafts</b> <b>2:30 Big Bingo</b> 3:15 Lawson	<b>6</b> 1:00 Lunch  <b>2:30 Movie &amp; Popcorn</b> 
<b>7</b> 1:00 Lunch Free Coffee All Day 	<b>8</b> <b>Closed for Stat Holiday</b> <b>Happy Thanksgiving</b> 	<b>9</b> 9:30 Stretch & walk & Work-out 10:00 Bowling <b>2:00 Yoga</b>	<b>10</b> <b>9:30 Pet Therapy</b> 9:30 Stretch & Walk 10:00 Lawson <b>11:00 Educational Video</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>11</b> 9:30 Stretch & walk & Work-out <b>10:00 Positive Pals</b> 10:30 Chess Club <b>12:30 – 2:30 TLC</b> 1:15 Bingo <b>2:00 Yoga</b>	<b>12</b> 9:30 Stretch & walk & Work-out 10:00 Nail Care 11:30 Wellness Presentation 1:15 Popular Theatre Group <b>1:30 Crafts</b> <b>2:00 Hip Hop</b> 3:15 Lawson	<b>13</b> 1:00 Lunch <b>2:00-3:00 Writing for your life workshop</b>  <b>2:30 Big Bingo</b> 
<b>14</b> 1:00 Lunch Free Coffee All Day 	<b>15</b> 9:30 Stretch & walk & Work-out 10:30 Lawson 9:45 Meditation with Melissa <b>12:45 Music Group</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b> <b>3:00 DJ Hour</b>	<b>16</b> 9:30 Stretch & walk & Work-out 10:00 Bowling <b>11:00 Women's Group</b> <b>1:00 Crib Tournament</b> <b>2:00 Yoga</b> 2:30 Community Kitchen	<b>17</b> 9:30 Stretch & Walk 10:00 Lawson <b>11:00 Educational Video</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>18</b> 9:30 Stretch & walk & Work-out <b>10:00 Positive Pals</b> <b>11:00 Open Jam Session</b> 1:15 Bingo <b>2:00 Yoga</b>	<b>19</b> 9:30 Stretch & walk & Work-out 10:00 Nail Care 11:30 Wellness Presentation 1:15 Popular Theatre Group <b>1:30 Crafts</b> 3:15 Lawson	<b>20</b> 1:00 Lunch  <b>2:30 Movie &amp; Popcorn</b> 
<b>21</b> 1:00 Lunch Free Coffee All Day 	<b>22</b> 9:30 Stretch & walk 10:30 Lawson <b>12:45 Music Group</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b>	<b>23</b> 9:30 Stretch & walk & Work-out 10:00 Bowling <b>11:00 Women's Group</b> <b>2:00 Yoga</b> 2:30 Community Kitchen	<b>24</b> <b>9:30 Pet Therapy</b> 9:30 Stretch & Walk 10:00 Lawson <b>11:00 Educational Video</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda <b>2:30 Self-massage Techniques</b>	<b>25</b> 9:30 Stretch & walk & Work-out <b>10:00 Positive Pals</b> <b>10:30 Chess Club</b> <b>11:00 MACSI Addiction Services Presentation</b> <b>12:30 – 2:30 TLC</b> 1:15 Bingo 2:00 Yoga	<b>26</b> 9:30 Stretch & walk & Work-out 10:00 Nail Care 11:30 Wellness Presentation 1:15 Popular Theatre Group <b>1:30 Birthday Party</b> <b>1:45 Crafts</b> <b>2:00 Hip hop</b> 3:15 Lawson	<b>27</b> 1:00 Lunch <b>2:00-3:00 Writing for your life</b>  <b>2:30 Big Bingo</b> 
<b>28</b> 1:00 Lunch Free Coffee All Day 	<b>29</b> 9:30 Stretch & walk & Work-out 9:45 Meditation with Melissa 10:30 Lawson <b>12:45 Music Group</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b>	<b>30</b> 9:30 Stretch & walk & Work-out <b>10:00 Bowling</b> <b>11:00 Women's Group</b> <b>2:00 Yoga</b> 2:30 Community Kitchen	<b>31</b> 9:30 Stretch & walk 10:00 Lawson <b>11:00 Educational Video</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda <b>2:00 Halloween Dance</b>			

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

We will be closed all day on **Monday October 8<sup>th</sup>** (Stat holiday)  
Thanksgiving lunch at the Club **October 4<sup>th</sup>**. Please sign up. Sorry, no guests.

### **October 1-7 is Mental Illness Awareness Week.**

We will present a film by the *Saskatchewan Union of Nurses* on the Youth Experience with Mental Health October 2<sup>nd</sup> at 3pm

### **October 10<sup>th</sup> is World Mental Health day.**

At 11am on the 10<sup>th</sup> we will show an educational video on the awareness of and advocacy against the social stigma of mental illness.

### **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 October 11<sup>th</sup> and 25<sup>th</sup> for **TLC** (wellness support, including blood pressure monitoring, glucose monitoring, health education and promotion).

Join them Friday October 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup> for **Wellness Presentations**

### **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 October 18<sup>th</sup> 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, October 13<sup>th</sup> & 27<sup>th</sup> from 2:00-3:00pm.

**Women's Support group**: Drop-in – Tuesdays at 11:00 (No group October 9<sup>th</sup>)

**Educational Videos**: Wednesdays at 11:00

**Hip Hop Class**: Join Dan on Friday October 12<sup>th</sup> & 26<sup>th</sup> at 2:00pm and spit some rhymes

**Crib Tournament! 1:00pm Tuesday October 16<sup>th</sup>**

**Self-Massage Techniques: Taught by Sarah from Mecca Massage Oct. 24<sup>th</sup> @ 2:30**

**DJ Hour: Monday October 1<sup>st</sup> & 15<sup>th</sup>. 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 October 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 24<sup>th</sup> 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.

**St. John's Pet Therapy**: Meet Margie and her dog Taffy Wednesday, October 10<sup>th</sup> & 24<sup>th</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 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.

**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.

**Metis Addictions Council of Saskatchewan Inc (MACSI) presentation about the Regina Treatment Center. October 25<sup>th</sup> @ 11:00**

**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. October 26<sup>th</sup> @ 1:30

**Halloween Dance October 31<sup>st</sup> @ 2pm**

**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.\*\*\*