

December 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
<p>2</p> <p>1:00 Lunch Free Coffee All Day</p> 	<p>3</p> <p>9:30 Stretch & Work-out 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games</p>	<p>4</p> <p>9:30 Stretch & Work-out 10:00 Bowling 11:00 Women's Group 1:00 Christmas Decorating 2:00 Yoga 2:30 Community Kitchen</p>	<p>5</p> <p>9:30 Pet Therapy 9:30 Stretch 10:00 Lawson 11:00 Educational Video 2:00 Knitting with Wanda</p>	<p>6</p> <p>9:30 Stretch & Work-out 10:00 Positive Pals 10:30 Chess Club 11:00 Open Jam 1:15 Bingo 2:00 Yoga</p>	<p>7</p> <p>9:30 Stretch & Work-out 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Crafts 2:00 Hip Hop 2:30 Big Bingo 3:15 Lawson</p> 	<p>8</p> <p>1:00 Lunch 2:00-3:00 Writing for your life workshop 2:30 Movie & Popcorn</p>
<p>9</p> <p>1:00 Lunch Free Coffee All Day</p> 	<p>10</p> <p>9:30 Stretch & Work-out 9:45 Meditation 10:30 Lawson 12:45 Music Group 1:00 Christmas Carding 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games</p>	<p>11</p> <p>9:30 Stretch & Work-out 10:00 Bowling 11:00 Managing Holiday Triggers 2:30 Community Kitchen</p>	<p>12</p> <p style="text-align: center;">Members Christmas Party</p> <p style="text-align: center;">11:00-3:30 at Wesley United Church</p>	<p>13</p> <p>9:30 Stretch & Work-out 10:00 Positive Pals 10:30 Chess Club 1:15 Bingo</p> <p><u>12 Days of Christmas Raffle Begins!</u></p>	<p>14</p> <p>9:30 Stretch & Work-out 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Crafts 3:00 DJ Hour 3:15 Lawson <u>~2nd Day~</u></p>	<p>15</p> <p>1:00 Lunch 2:30 Big Bingo</p>  <p><u>~3rd Day~</u></p>
<p>16</p> <p>1:00 Lunch Free Coffee All Day</p>  <p><u>~4th Day~</u></p>	<p>17</p> <p>9:30 Stretch 9:45 Meditation with Melissa 10:30 Lawson 12:45 Christmas Caroling with Bernadette 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games <u>~5th Day~</u></p>	<p>18</p> <p>9:30 Stretch & Work-out 10:00 Bowling 11:00 Men's Group 2:30 Community Kitchen</p> <p><u>~6th Day~</u></p>	<p>19</p> <p>9-3:30 Craft and Bake Sale 9:30 Pet Therapy 9:30 Stretch & Workout 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting <u>~7th Day~</u></p>	<p>20</p> <p>9:30 Stretch & Work-out 10:00 Positive Pals 10:30 Chess Club 11:00 Open Jam Session 1:15 Christmas Bingo 2:30 BodyWorks with Sarah</p> <p><u>~8th Day~</u></p>	<p>21</p> <p>9:30 Stretch & Work-out 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Crafts 2:00 Hip Hop 3:15 Lawson</p> <p><u>~9th Day~</u></p>	<p>22</p> <p>1:00 Lunch 2:30 Movie & Popcorn</p>  <p><u>~10th Day~</u></p>
<p>23</p> <p>1:00 Lunch Free Coffee All Day</p>  <p><u>~11th Day~</u></p>	<p>24</p> <p>9:30 Stretch & Work-out 9:45 Meditation 10:30 Lawson 12:00 Christmas Eve Party Club closes at 3:00 <u>~Last Day of Christmas Raffle!~</u></p>	<p style="text-align: center;"></p> <p style="text-align: center;">The Club is closed all day</p>	<p style="text-align: center;"></p> <p style="text-align: center;">The Club is closed all day</p>	<p>27</p> <p>9:30 Stretch & Work-out 10:00 Positive Pals 1:15 Bingo</p>	<p>28</p> <p>9:30 Stretch & Work-out 10:00 Nail Care 1:15 Popular Theatre Group 1:30 Birthday Party 1:45 Crafts 3:15 Lawson</p>	<p>29</p> <p>1:00 Lunch 2:30 Big Bingo</p> 
<p>30</p> <p>1:00 Lunch Free Coffee All Day</p> 	<p>31</p> <p>9:30 Stretch & Work-out 10:30 Lawson 12:00 New Years' Eve Party Club closes at 3:00</p>	<p style="text-align: center;">January 1st The Club is closed all day</p>	<p style="text-align: center;">January 2nd The Club is open regular hours</p>	<p style="text-align: center;">Happy New Year</p> <p style="text-align: center;">20 19!</p>		

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

Members Christmas Party is on December 12 from 11:00 – 3:30 at Westley United Church <Club Closed>

*Please note: The Members' Club will be closed on December 25th, 26th, and January 1st
And The Members' Club will be closing at 3:00pm on December 24th, and December 31st*

Craft and Bake Sale December 19th - 9:00 to 3:30

12 Days of Christmas Raffle begins December 13th, with the last draw happening on December 24th

Don't miss the Christmas eve party 12pm on December 24th and the New Years eve party on December 31st

December 4th at 1pm: Christmas decorating

December 10th at 1pm: Christmas Carding

December 17th at 12:45: Christmas Caroling with Bernadette (featuring hot chocolate and goodies)

PLEASE COMPLETE THE ANNUAL MEMBERS' SURVEY.

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

Wii at 3pm on Mondays

Body Works with Sarah: Learn self-relaxation and self-care techniques December 20th at 2:30

Peer-run groups:

Managing Holiday Triggers: On December 11th at 11:00am Join Tanya Condo to explore wellness tools for helping to cope over the holiday season.

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 December 6th and 20th 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, December 8th from 2:00-3:00pm. (Next WfYL workshop January 12th, 2019)

Women's Support group: Drop-in – Tuesdays at 11:00 (December 4th).

Men's Support group: Drop-in – Tuesday December 18th at 11:00.

Educational Videos: Wednesdays at 11:00

Hip Hop with Dan: Friday December 7th and 21st at 2:00

DJ Hour: Friday December 14th. 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 December 6th, 13th, and 20th 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* Wednesday December 19th at 12:30 – 2:00. No artistic experience is necessary to enjoy this group.

St. John's Pet Therapy: Meet Margie and her dog Taffy Wednesday, December 5th and 19th at 9:30am

Social Group: Outings will be held on Mondays at 2:30pm. Everyone is welcome.

Yoga in a Chair: Join Linda Tuesday December 4th and Thursday December 6th at 2:00pm for yoga in a chair.

After December 6th Yoga will not resume until February.

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 on December 28th at 1:30 to celebrate Members with a Birthday in December. 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.