








# February 2019

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 & Work-out 10:00 Nail Care <b>TLC 12:30-1:15</b> 1:15 Popular Theatre Group <b>1:30 Crafts</b> <b>2:30 Big Bingo</b> 3:15 Lawson	<b>2</b> 1:00 Lunch  <b>2:30 Movie &amp; Popcorn</b> 
<b>3</b> 1:00 Lunch Free Coffee All Day 	<b>4</b> 9:30 Stretch & Work-out <b>10:00 Meditation with Melissa</b> 10:30 Lawson <b>11:00 Men's Group</b> <b>12:45 Music Group</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b> <b>3:00 Wii games</b>	<b>5</b> 9:30 Stretch & Work-out <b>10:00 Bowling</b> <b>11:00 Assertive Communication</b> <b>2:00 Yoga</b> 2:30 Community Kitchen	<b>6</b> <b>9:30 Pet Therapy</b> 9:30 Stretch & Work-out 10:00 Lawson <b>11:00 Educational Video</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>7</b> 9:30 Stretch & Work-out <b>10:00 Positive Pals</b> <b>10:30 Chess Club</b> <b>11:30 Cold weather Presentation</b> <b>1:00 Floral Conservatory</b> 1:15 Bingo <b>2:00 Yoga</b> <b>3:30 Cartooning with David</b>	<b>8</b> 9:30 Stretch & Work-out 10:00 Nail Care <b>TLC 12:30-1:15</b> 1:15 Popular Theatre Group <b>1:30 Crafts</b> <b>2:00 DJ Hour</b> 3:15 Lawson	<b>9</b> 1:00 Lunch <b>2:00-3:00 Writing for your life workshop</b>  <b>2:30 Big Bingo</b> 
<b>10</b> 1:00 Lunch Free Coffee All Day 	<b>11</b> 9:30 Stretch & Work-out 10:30 Lawson <b>11:00 Men's Group</b> <b>12:45 Music Group</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b> <b>3:00 Wii games</b>	<b>12</b> 9:30 Stretch & Work-out <b>10:00 Bowling</b> <b>11:00 Assertive Communication</b> <b>2:00 Yoga</b> 2:30 Community Kitchen	<b>13</b> 9:30 Stretch & Work-out 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 Body works with Sarah</b>	<b>14</b> 9:30 Stretch & Work-out <b>10:00 Positive Pals</b> <b>10:30 Chess Club</b> <b>11:30 Boundaries Presentation</b> <b>2-4 Valentine's Day Dance</b> 	<b>15</b> 9:30 Stretch & Work-out 10:00 Nail Care <b>TLC 12:30-1:15</b> 1:15 Popular Theatre Group <b>1:30 Crafts</b> 3:15 Lawson	<b>16</b> 1:00 Lunch  <b>2:30 Movie &amp; Popcorn</b> 
<b>17</b> 1:00 Lunch Free Coffee All Day 	<b>18</b> <b>Club is Closed all day</b> 	<b>19</b> 9:30 Stretch & Work-out <b>10:00 Bowling</b> <b>11:00 Assertive Communication</b> <b>1:00 Crib Tournament</b> <b>2:00 Yoga</b> 2:30 Community Kitchen	<b>20</b> <b>9:30 Pet Therapy</b> 9:30 Stretch & Work-out 10:00 Lawson <b>11:00 Educational Video</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>21</b> 9:30 Stretch & Work-out <b>10:00 Positive Pals</b> <b>10:30 Chess Club</b> <b>11:00 Open Jam</b> 1:15 Bingo <b>2:00 Yoga</b> <b>3:30 Cartooning with David</b>	<b>22</b> 9:30 Stretch & Work-out 10:00 Nail Care <b>TLC 12:30-1:15</b> 1:15 Popular Theatre Group <b>1:30 Birthday Party</b> <b>1:45 Crafts</b> 3:15 Lawson	<b>23</b> 1:00 Lunch <b>2:00-3:00 Writing for your life workshop</b>  <b>2:30 Big Bingo</b> 
<b>24</b> 1:00 Lunch Free Coffee All Day 	<b>25</b> 9:30 Stretch & Work-out 10:30 Lawson <b>11:00 Men's Group</b> <b>12:45 Music Group</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b> <b>3:00 Wii games</b>	<b>26</b> 9:30 Stretch & Work-out <b>10:00 Bowling</b> <b>11:00 Assertive Communication</b> <b>1:00 Pool Tournament</b> <b>2:00 Yoga</b> 2:30 Community Kitchen	<b>27</b> 9:30 Stretch & Work-out 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 Body works with Sarah</b>	<b>28</b> 9:30 Stretch & Work-out <b>10:00 Positive Pals</b> <b>10:30 Chess Club</b> <b>11:30 Hygiene Presentation</b> 1:15 Bingo <b>2:00 Yoga</b> <b>2:00 Paint Night with Nursing Students</b> 		

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

**Practicum students:** please welcome the nursing students Cassidy and Melaina who will be with us Thursdays and Fridays!! ☺  
Please welcome Social Work student Justin who will be joining us Monday, Tuesday and Wednesdays!!

**Club is Closed on February 18<sup>th</sup> for Saskatchewan family day**

### 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 February 21<sup>st</sup> at 11:00.

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

Cartooning workshop with David Field: Learn all about cartooning with David on Thursday February 7<sup>th</sup> and 21<sup>st</sup> at 3:30pm

### **Please join our Nursing students:**

- Thursdays at 10:00am for Positive Pals to create your own Personal Wellness Guide
- Thursdays at 11:30 am for Presentations on Cold weather Feb 7<sup>th</sup>, Boundaries Feb 14<sup>th</sup>, Hygiene Feb 28<sup>th</sup>
- Fridays from 12:30-1:15 for TLC and get your blood pressure and blood sugars checked.
- Paint night February 28<sup>th</sup> at 2:00pm

**Assertive Communication:** Tuesdays at 11:00 Melissa and Social work student Justin are facilitating a group focusing on the keys to communicate assertively. This group will run for ten consecutive weeks as we work through the chapters.

**Writing for Your Life Workshop:** by author Linda Biasotto. See poster in club area. Saturday, February 9<sup>th</sup> and 23<sup>rd</sup> at 2:00-3:00pm

**Women's Support group:** Drop-in Join Melissa Thursday February 7<sup>th</sup> and 21<sup>st</sup> at 11:00

**Men's Support group:** Drop-in Join Justin Mondays at 11:00

**Floral Conservatory:** Going to visit the Floral conservatory Thursday February 7<sup>th</sup> at 1:00

**Crib Tournament:** February 19<sup>th</sup> at 1:00

**Pool Tournament:** February 26<sup>th</sup> at 1:00

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

**Body works with Sarah:** get your body moving with Sarah Wednesday February 13<sup>th</sup> and 27<sup>th</sup> at 2:30

**DJ Hour:** Friday February 8<sup>th</sup> at 2:00pm. Request your favourite songs.

**Meditation with Melissa:** Join Melissa Monday February 4<sup>th</sup> at 10:00 am for some quiet meditation.

**Chess Club:** Practice playing chess Thursdays 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* Wed February 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup> 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, February 6<sup>th</sup> and 20<sup>th</sup> at 9:30am

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

**Yoga in a Chair:** Yoga is back every Tuesday and Thursday at 2:00pm

**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 February 22<sup>nd</sup> at 1:30 to celebrate Members with a Birthday in February. 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.\*\*\*