


January 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
		<p>1 Club is closed all day</p> 	<p>2 9:30 Pet Therapy 9:30 Stretch & Walk 10:00 Lawson 11:00 Educational Video 2:00 Knitting with Wanda</p>	<p>3 9:30 Stretch & walk &Work-out 10:00 Positive Pals 10:30 Chess Club 11:00 Open Jam Session 1:15 Bingo</p>	<p>4 9:30 Stretch & walk &Work-out 10:00 Nail Care TLC 12:30-1:15 1:15 Popular Theatre Group 1:30 Crafts 2:30 Big Bingo 3:15 Lawson</p>	<p>5 1:00 Lunch 2:30 Movie & Popcorn</p> 
<p>6 1:00 Lunch Free Coffee All Day</p> 	<p>7 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>8 9:30 Stretch & walk &Work-out 10:00 Bowling 11:00 Women's Group 2:30 Community Kitchen</p>	<p>9 9:30 Stretch & Walk 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>10 9:30 Stretch & walk &Work-out 10:00 Positive Pals 10:30 Chess Club 1:15 Bingo 3:30 Cartooning with David</p>	<p>11 9:30 Stretch & walk &Work-out 10:00 Nail Care TLC 12:30-1:15 1:15 Popular Theatre Group 1:30 Crafts 3:15 Lawson</p>	<p>12 1:00 Lunch 2:00-3:00 Writing for your life workshop 2:30 Big Bingo</p> 
<p>13 1:00 Lunch Free Coffee All Day</p> 	<p>14 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>15 9:30 Stretch & walk &Work-out 10:00 Bowling 11:00 Men's Group 2:30 Community Kitchen</p>	<p>16 9:30 Stretch & Walk 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>17 9:30 Stretch & walk &Work-out 10:00 Positive Pals 10:30 Chess Club 11:00 Open Jam Session 1:15 Bingo</p>	<p>18 9:30 Stretch & walk &Work-out 10:00 Nail Care TLC 12:30-1:15 1:15 Popular Theatre Group 1:30 Crafts 3:00 DJ Hour 3:15 Lawson</p>	<p>19 1:00 Lunch 2:30 Movie & Popcorn</p> 
<p>20 1:00 Lunch Free Coffee All Day</p> 	<p>21 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>22 9:30 Stretch & walk &Work-out 10:00 Bowling 11:00 Women's Group 2:30 Community Kitchen</p>	<p>23 9:30 Stretch & Walk 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>24 9:30 Stretch & walk &Work-out 10:00 Positive Pals 10:30 Chess Club 1:15 Bingo 3:30 Cartooning with David</p>	<p>25 9:30 Stretch & walk &Work-out 10:00 Nail Care TLC 12:30-1:15 1:15 Popular Theatre Group 1:30 Birthday Party 1:45 Crafts 3:15 Lawson</p>	<p>26 1:00 Lunch 2:30 Big Bingo</p> 
<p>27 1:00 Lunch Free Coffee All Day</p> 	<p>28 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>29 9:30 Stretch & walk &Work-out 10:00 Bowling 11:00 Men's Group 2:30 Community Kitchen</p>	<p>30 9:30 Stretch & walk 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>31 9:30 Stretch & walk &Work-out 10:00 Positive Pals 10:30 Chess Club 11:00 Open Jam Session 1:15 Bingo</p>		

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

Practicum students: please welcome the 2 nursing students and a social worker who will be with us Thursdays and Fridays!! 😊

PLEASE COMPLETE THE ANNUAL MEMBERS' SURVEY.

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

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 January 3rd, 17th and 31st 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 January 10th and 24th at 3:30pm

Writing for Your Life Workshop: by author Linda Biasotto. See poster in club area. Saturday, January 12 at 2:00-3:00pm

Women's Support group: Drop-in – Every second Tuesday at 11:00

Men's Support group: Drop-in – Every second Tuesday at 11:00

Educational Videos: Wednesdays at 11:00

DJ Hour: Friday January 18th at 3:00pm. Request your favourite songs.

Meditation with Melissa: Join Melissa every second Monday at 9:45am 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 January 9th, 16th, 23rd, and 30th at 12:30 – 2:00. No artistic experience is necessary to enjoy this group.

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

Yoga in a Chair: No yoga until February 5th

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 January 25th 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.