

# March 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 Brain Gym</b> 10:30 Lawson <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 Indigenous Drum workshop</b> <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 Vision Boards</b> <b>12:30-2 Open Art Studio</b> 2:00 Knitting with Wanda	<b>7</b> 9:30 Stretch & Work-out <b>9:45 Positive Pals</b> <b>11:30 Hygiene Practices</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>10:30 Women's Group</b> <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>1:30 Journaling with Tanya</b> <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 <b>10:00 Brain Gym</b> 10:30 Lawson <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>9:45 Positive Pals</b> <b>10-12:00 Mandala Mural Project</b> 1:15 Bingo <b>2:00 Yoga</b>	<b>15</b> 9:30 Stretch &Work-out 10:00 Nail Care <b>10:00 Chess Club</b> <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>1:30 Journaling with Tanya</b>  <b>2:30 Movie &amp; Popcorn</b> 
<b>17</b> 1:00 Lunch Free Coffee All Day 	<b>18</b> 9:30 Stretch &Work-out <b>10:00 Brain Gym</b> 10:30 Lawson <b>12:45 Music Group</b> 2:00 Popular Theatre Group <b>2:30 Social Group</b> <b>3:00 Wii games</b>	<b>19</b> 9:30 Stretch & Work-out <b>10:00 Bowling</b> <b>11:00 Assertive Communication</b> <b>1:30 St. Patrick's Day Tea</b>	<b>20</b> <b>9:30 Pet Therapy</b> 9:30 Stretch & Work-out 10:00 Lawson <b>11:00 Educational Video</b> 2:00 Knitting with Wanda	<b>21</b> 9:30 Stretch &Work-out <b>9:45 Positive Pals</b> <b>11:00 Open Jam with Karaoke</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>10:00 Chess Club</b> <b>TLC 12:30-1:15</b> 1:15 Popular Theatre Group <b>1:30 Crafts</b> 3:15 Lawson	<b>23</b> 1:00 Lunch  <b>1:30 Journaling with Tanya</b> <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>31</b> 1:00 Lunch Free Coffee All Day	<b>25</b> 9:30 Stretch &Work-out <b>10:00 Brain Gym</b> 10:30 Lawson <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>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> 2:00 Knitting with Wanda <b>2:30 Body works with Sarah</b>	<b>28</b> 9:30 Stretch &Work-out <b>9:45 Positive Pals</b> <b>10-12:00 Mandala Mural Project</b> <b>12:45 Boundaries Presentation</b> 1:15 Bingo <b>2:00 Yoga</b>	<b>29</b> 9:30 Stretch &Work-out 10:00 Nail Care <b>10:00 Chess Club</b> <b>11:30 Leaving Party for nursing students</b> <b>TLC 12:30-1:15</b> 1:15 Popular Theatre Group <b>1:30 Birthday Party</b> <b>2:00 Paint Night</b> 3:15 Lawson	<b>30</b> 1:00 Lunch  <b>1:30 Journaling with Tanya</b>  <b>2:30 Movie &amp; Popcorn</b>

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

### Peer-run groups:

Positive Pals group: Thursdays at 9:45 am. 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 March 21<sup>st</sup> at 11:00 with Karaoke

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

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

Vision Boards with Tanya Condo: This is a chance to explore your dreams and goals on March 6<sup>th</sup> at 11:00.

Indigenous Drum workshop: March 5<sup>th</sup> at 10:00am with Robin

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

- Thursdays at 9:45am for Positive Pals to create your own Personal Wellness Guide
- Fridays from 12:30-1:15 for TLC and get your blood pressure and blood sugars checked.
- Leaving Party for Nursing Students Paint Night March 29<sup>th</sup> at 2:00 pm

**Health Care Practices Presentation:** Join the nursing students on Thursday, March 7<sup>th</sup> at 11:30am

**Boundaries Presentation:** Join the nursing students on Thursday, March 28<sup>th</sup> at 12:45pm

**Mandala Mural Project:** Please help create a mural for our front entrance. All Members are encouraged to join Amanda in making CMHA mandalas to represent what happens when we all come together to create community. March 14 & 28<sup>th</sup> from 10am -12pm

**Brain Gym:** Join Justin Mondays at 10:00 for techniques to improve your mental wellness.

**St. Patrick's Day Tea: March 19<sup>th</sup> at 1:30pm – Hosted by the Inner Wheel Eastview Group**

**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.

**Journaling with Tanya:** Learn to journal with Tanya Saturdays at 1:30pm

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

**Women's Group:** Join Melissa/Suzanne Friday March 8<sup>th</sup> at 10:30 in the rotary room for **International Women's Day**

**Educational Videos:** Wednesdays at 11:00, no video on March 6<sup>th</sup>.

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

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

**Chess Club:** Practice playing chess Fridays at 10:00am

**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 March 6<sup>th</sup> and 13<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, March 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

**Community Kitchen:** Tuesdays at 2:30 Dillon and volunteers will lead cooking classes. Please join for some fun and a meal or two to take home. 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 March 29<sup>th</sup> at 1:30 to celebrate Members with a Birthday in March. 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.\*\*\*