

April 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 9:30 Stretch &Work-out 10:00 Brain Gym 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games</p>	<p>2 9:30 Stretch &Work-out 10:00 Bowling 11:00 Assertive Communication 2:00 Yoga 2:30 Community Kitchen</p>	<p>3 9:30 Pet Therapy 9:30 Stretch & Work-out 10:00 Lawson 10-12 Peer Support 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda 2:30 Body works with Sarah</p>	<p>4 9:30 Stretch & Work-out 9:45 Positive Pals 1:15 Bingo</p>	<p>5 9:30 Stretch &Work-out 10:00 Nail Care 10:00 Chess Club 1:15 Popular Theatre Group 1:30 Crafts 2:30 Big Bingo 3:15 Lawson</p>	<p>6 1:00 Lunch 1:30 Dream Journaling 2:30 Movie & Popcorn</p> 
<p>7 1:00 Lunch Free Coffee All Day</p> 	<p>8 9:30 Stretch &Work-out 10:00 Brain Gym 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games</p>	<p>9 9:30 Stretch & Work-out 10:00 Bowling 11:00 Assertive Communication 1:00 Indigenous Drumming 2:00 Yoga 2:30 Community Kitchen</p>	<p>10 9:30 Stretch & Work-out 10:00 Lawson 10-12 Peer Support 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>11 9:30 Stretch & Work-out 9:45 Positive Pals 10:30 Open Jam and Karaoke 1:15 Bingo 2:00 My Voice 3:30 Cartooning with David</p>	<p>12 9:30 Stretch &Work-out 10:00 Nail Care 10:00 Chess Club 1:15 Popular Theatre Group 1:30 Crafts 2:30 Guitar Lessons 3:15 Lawson</p>	<p>13 1:00 Lunch 1:30 Dream Journaling 2:00-3:00 Writing for your life workshop 2:30 Big Bingo</p> 
<p>14 1:00 Lunch Free Coffee All Day</p> 	<p>15 9:30 Stretch &Work-out 10:00 Brain Gym 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games</p>	<p>16 9:30 Stretch &Work-out 10:00 Bowling 11:00 Assertive Communication 2-4:00 Bob's Retirement Party</p> 	<p>17 9:30 Pet Therapy 9:30 Stretch & Work-out 10:00 Lawson 10-12 Peer Support 11:00 Educational Video 11:30 Leaving Party for Justin 12:30-2 Open Art Studio 2:00 Knitting with Wanda 2:30 Body works with Sarah</p>	<p>18 9:30 Stretch & Work-out 9:45 Positive Pals 12:00 Easter Meal 1:15 Bingo</p>	<p>19  Happy Easter! Stat holiday Club closed all day</p>	<p>20 1:00 Lunch 2:30 Movie & Popcorn</p> 
<p>21 1:00 Lunch Free Coffee All Day</p> 	<p>22 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>23 9:30 Stretch & Work-out 10:00 Bowling 1:00 Indigenous Drumming 2:00 Yoga 2:30 Community Kitchen</p>	<p>24 9:30 Stretch & Work-out 10:00 Lawson 10-12 Peer Support 11:00 Educational Video 2:00 Knitting with Wanda</p>	<p>25 9:30 Stretch &Work-out 9:45 Positive Pals 1:15 Bingo 3:30 Cartooning with David</p>	<p>26 9:30 Stretch &Work-out 10:00 Nail Care 10:00 Chess Club 1:15 Popular Theatre Group 1:30 Birthday Party 1:45 Crafts 2:30 Guitar Lessons 3:15 Lawson</p>	<p>27 1:00 Lunch 1:30 Dream Journaling 2:00-3:00 Writing for your life workshop 2:30 Big Bingo</p> 
<p>28 1:00 Lunch Free Coffee All Day</p> 	<p>29 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>30 9:30 Stretch &Work-out 10:00 Bowling 2:00 Yoga 2:30 Community Kitchen</p>				

WHAT'S GOING ON in April 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 April 11th at 10:30 with Karaoke

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

Cartooning workshop with David Field: Learn all about cartooning with David on Thursday April 11th and 25th at 3:30pm

Indigenous Drumming workshop with Robbin: April 9th and 23rd at 1:00pm

Peer Support with Tanya Condo: Drop in Wednesdays 10-12pm. Work 1:1 with a trained Peer Support Specialist on what matters most to you. For example, managing triggers, visioning, or other aspects of wellness

Guitar Lessons with Michael: Guitar lessons on Friday April 12th and 26th at 2:30pm in the rotary room. The club will provide guitars or bring your own.

Bob Hughes Retirement Party: Yes after 30 years it is time to celebrate Bob's dedicated contribution to CMHA. Please join us Tuesday April 16th from 2-4:00pm. Ceremony at 2pm and Tea at 3pm.

Easter Meal: Sign-up sheet on the office window for a delicious Easter meal on Thursday April 18th at 12:00pm. Members only please.

Brain Gym: Join Justin Mondays at 10:00 for techniques to improve your mental wellness. Last class on April 15th.

Leaving party for Justin: Help us say farewell to our social services student Justin on Wednesday April 17th at 11:30am

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. Last class is April 16th

My Voice: A health care directive presentation by Tanya on Thursday April 11th at 2:00pm

Dream Journaling with Tanya: Join Tanya on Saturdays at 1:30pm. No class on April 20th.

Writing for Your Life Workshop: by author Linda Biasotto. See poster in club area. Saturday, April 13th and 27th at 2:00-3:00pm

Educational Videos: Wednesdays at 11:00

Body works with Sarah: get your body moving with Sarah Wednesday April 3rd and 17th at 2:30

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 April 3rd, 10th and 17th 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, April 3rd and 17th 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 at 2:00pm. No class on Tuesday April 16th. No yoga on Thursdays in April

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. No group April 16th.

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. Volunteer facilitate by Bob Hughes.

Monthly Birthday Party: All Welcome! Please join us on April 26th at 1:30 to celebrate Members with a Birthday in April. 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.