

May 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
Mental Health Week May 6-10 “Get loud about what mental health really is.”			1 9:30 <i>Pet Therapy</i> 9:30 <i>Stretch & Work-out</i> 10:00 <i>Lawson</i> 10-12 <i>Peer Support</i> 11:00 <i>Educational Video</i> 2:00 <i>Knitting with Wanda</i> 2:30 <i>Body works with Sarah</i>	2 9:30 <i>Stretch & Work-out</i> 10:00 <i>Positive Pals</i> 11:00 <i>Men’s Mentorship</i> 1:15 <i>Bingo</i> 2:00 <i>Yoga</i>	3 9:30 <i>Stretch & Work-out</i> 10:00 <i>Nail Care</i> 10:00 <i>Chess Club</i> 11:00 <i>Sketching</i> 1:15 <i>Popular Theatre Group</i> 1:30 <i>Crafts</i> 2:30 <i>Big Bingo</i> 3:15 <i>Lawson</i>	4 1:00 <i>Lunch</i> 2:30 <i>Movie & Popcorn</i> 
5 1:00 <i>Lunch</i> Free Coffee All Day 	6 9:30 <i>Stretch & Work-out</i> 10:30 <i>Lawson</i> 12:45 <i>Music Group</i> 2:00 <i>Popular Theatre Group</i> 2:30 <i>Social Group</i> 3:00 <i>Wii games</i>	7 9:30 <i>Stretch & Work-out</i> 10:00 <i>Bowling</i> 10:30-12:30 <i>TLC</i> 11-1 <i>Pancake Brunch</i> 1:00 <i>Indigenous Drumming</i> 2:00 <i>Yoga</i> 2:30 <i>Community Kitchen</i>	8 9:30 <i>Stretch & Work-out</i> 10:00 <i>Lawson</i> 10-12 <i>Peer Support</i> 11:00 <i>Educational Session</i> 12:30-2 <i>Open Art Studio</i> 2:00 <i>Knitting with Wanda</i> 2:30 <i>Trip to the Milky Way</i>	9 9:30 <i>Stretch & Work-out</i> 10:00 <i>Positive Pals</i> 10:30 <i>Open Jam and Karaoke</i> 11:00 <i>Men’s Mentorship</i> 1:15 <i>Bingo</i> 3:30 <i>Cartooning with David</i>	10 9:30 <i>Stretch & Work-out</i> 10:00 <i>Nail Care</i> 10:00 <i>Chess Club</i> 11:00 <i>Sketching</i> 1:15 <i>Popular Theatre Group</i> 1:30 <i>Crafts</i> 2:30 <i>Guitar Lessons</i> 3:15 <i>Lawson</i>	11 1:00 <i>Lunch</i> 1:30 <i>Dream Analysis</i> 2:00-3:00 <i>Writing for your life workshop</i> 2:30 <i>Big Bingo</i> 
12 1:00 <i>Lunch</i> Free Coffee All Day 	13 9:30 <i>Stretch & Work-out</i> 10:30 <i>Lawson</i> 12:45 <i>Music Group</i> 2:00 <i>Popular Theatre Group</i> 2:30 <i>Social Group</i> 3:00 <i>Wii games</i>	14 9:30 <i>Stretch & Work-out</i> 10:00 <i>Bowling</i> 10:30-12:30 <i>TLC</i> 2:00 <i>Yoga</i> 2:30 <i>Community Kitchen</i>	15 9:30 <i>Pet Therapy</i> 9:30 <i>Stretch & Work-out</i> 10:00 <i>Lawson</i> 10-12 <i>Peer Support</i> 11:00 <i>Educational Session</i> 12:30-2 <i>Open Art Studio</i> 2:00 <i>Knitting with Wanda</i> 2:30 <i>Body works with Sarah</i>	16 9:30 <i>Stretch & Work-out</i> 10:00 <i>Positive Pals</i> 11:00 <i>Men’s Mentorship</i> 1:15 <i>Bingo</i> 2:00 <i>Yoga</i>	17 9:30 <i>Stretch & Work-out</i> 10:00 <i>Nail Care</i> 10:00 <i>Chess Club</i> 11:00 <i>Sketching</i> 1:15 <i>Popular Theatre Group</i> 1:30 <i>Crafts</i> 3:15 <i>Lawson</i>	18 1:00 <i>Lunch</i> 1:30 <i>Dream Analysis</i> 2:30 <i>Movie & Popcorn</i> 
19 1:00 <i>Lunch</i> Free Coffee All Day 	20  Victoria Day Stat Holiday Club closed all day	21 9:30 <i>Stretch & Work-out</i> 10:00 <i>Bowling</i> 11:30 <i>Justin Leaving Party</i> 11:45 <i>Regina Beach</i> 10:30-12:30 <i>TLC</i> 1:00 <i>Indigenous Drumming</i> 2:00 <i>Yoga</i> 2:30 <i>Community Kitchen</i>	22 9:30 <i>Stretch & Work-out</i> 10:00 <i>Lawson</i> 10-12 <i>Peer Support</i> 11:00 <i>Educational Session</i> 2:00 <i>Knitting with Wanda</i>	23 9:30 <i>Stretch & Work-out</i> 10:00 <i>Positive Pals</i> 1:30 <i>Volunteer Appreciation Tea</i> 3:30 <i>Cartooning with David</i>	24 9:30 <i>Stretch & Work-out</i> 10:00 <i>Nail Care</i> 10:00 <i>Chess Club</i> 1:15 <i>Popular Theatre Group</i> 1:30 <i>Crafts</i> 2:30 <i>Guitar Lessons</i> 3:15 <i>Lawson</i>	25 1:00 <i>Lunch</i> 1:30 <i>Dream Analysis</i> 2:00-3:00 <i>Writing for your life workshop</i> 2:30 <i>Big Bingo</i> 
26 1:00 <i>Lunch</i> Free Coffee All Day 	27 9:30 <i>Stretch & Work-out</i> 10:30 <i>Lawson</i> 2:00 <i>Popular Theatre Group</i> 2:30 <i>Social Group</i> 3:00 <i>Wii games</i>	28 9:30 <i>Stretch & Work-out</i> 10:00 <i>Golfing</i> 10:30-12:30 <i>TLC</i> 2:00 <i>Yoga</i> 2:30 <i>Community Kitchen</i>	29 9:30 <i>Pet Therapy</i> 9:30 <i>Stretching</i> 10:00 <i>Lawson</i> 10-12 <i>Peer Support</i> 11:00 <i>Educational Session</i> 12:30-2 <i>Open Art Studio</i> 2:00 <i>Knitting with Wanda</i> 2:30 <i>Body works with Sarah</i>	30 9:30 <i>Stretch & Work-out</i> 10:00 <i>Positive Pals</i> 1:15 <i>Bingo</i> 2:00 <i>Yoga</i>	31 9:30 <i>Stretch & Work-out</i> 10:00 <i>Nail Care</i> 10:00 <i>Chess Club</i> 1:15 <i>Popular Theatre Group</i> 1:30 <i>Birthday Party</i> 1:45 <i>Crafts</i> 3:15 <i>Lawson</i>	

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

Mental Health Week May 6-12, 2019:

"Get loud about what mental health really is."

- Many Canadians confuse the terms mental health and mental illness and use them interchangeably—this confusion contributes to the stigma of mental illness; it divides people into those who experience mental illness and those who don't.
- When people understand that mental health is something we ALL have, they realize that mental health is everyone's issue—we all benefit from celebrating, promoting and acknowledging the role that good mental health plays in living a full and meaningful life.

Mental Health Week Activities: Pancake Brunch May 7th 11-1pm this is open to the public. Trip to the Milk Way May 8th 2:30pm because ice cream is good for your mental health

Peer-run groups:

Positive Pals group: Thursdays at 10:00 am. Facilitated by Nursing 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 May 9th 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 May 9th and 23rd at 3:30pm

Indigenous Drumming workshop with Robbin: May 7th and 21st 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 May 10th and 24th at 2:30pm in the rotary room. The club will provide guitars or bring your own.

Please Welcome Our new SIIT Student Justin and Our New Nursing Students:

Men's Mentorship group: Join Justin Thursdays at 11:00am May 2, 9 and 16

Introduction to sketching: Join Justin Fridays at 11:00am May 3, 10 and 17 **Supplies will be provided.**

Justin's Leaving Party: May 21st at 11:30am, join us in saying farewell to our SIIT student

Nursing students:

Tuesday 10:30-12:30 for the TLC wellness group

Wednesday: Educational Sessions: Wednesdays at 11:00 for educational videos and presentations.

Thursday: Positive Pals for a chance for members to share their ideas/tools to create positive thinking and action

Member Volunteer Appreciation Celebration: Join staff on Thursday May 23rd at 1:30pm to celebrate all our volunteers

Club is closed May 20th for Victoria Day

Regina Beach Outing: Tuesday May 21st at 11:45am (priority given to members not going camping)

Dream Journaling with Tanya: Join Tanya on Saturdays at 1:30pm. No group May 4th.

Writing for Your Life Workshop: by author Linda Biasotto. See poster in club area. Saturday, May 11th and 25th at 2:00-3:00pm

Body works with Sarah: get your body moving with Sarah Wednesday May 1st, 15th and 29th 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 May 1st, 8th, 15th and 29th at 12:30 – 2:00. No artistic experience is necessary to enjoy this group. No group on May 22nd.

St. John's Pet Therapy: Meet Margie and her dog Taffy Wednesday, May 1st, 15th and 29th 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. No yoga May 9th and 23rd

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. Volunteer facilitate by Bob Hughes.

Monthly Birthday Party: All Welcome! Please join us on May 31st at 1:30 to celebrate Members with a Birthday in May. 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.