

June 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 1:00 Lunch</p> <p>1:30 Crafts</p> <p>2:30 Big Bingo</p> 
<p>2 1:00 Lunch Free Coffee All Day</p> 	<p>3 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>4 9:30 Stretch & Work-out 10:00 Golfing TLC 10-12 2:00 Yoga 2:30 Community Kitchen</p>	<p>5 9:30 Stretch & Farmers Market 10:00 Lawson 10-12 Peer Support 11:00 Educational Video 11:30 Nursing students leaving party and flowerpot activity 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>6 Closed for the day</p>	<p>7 Closed for the day</p>	<p>8 1:00 Lunch</p> <p>1:30 Crafts</p> <p>2:00-3:00 Writing for your life workshop</p> <p>2:30 Big Bingo</p> 
<p>9 1:00 Lunch Free Coffee All Day</p> 	<p>10 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>11 9:30 Stretch & Work-out 10:00 Golfing TLC 10-12 2:00 Yoga 2:30 Community Kitchen</p> <p>CAMP RACE</p>	<p>12 9:30 Pet Therapy & Farmers Market 10:00 Lawson 10-12 Peer Support 12:30-2 Open Art Studio 2:00 Knitting with Wanda 2:30 Body works with Sarah</p> <p>CAMP RACE</p>	<p>13 9:30 Stretch & Work-out 9:45 Positive Pals 1:15 Bingo 2:00 Yoga 3:30 Cartooning with David</p> <p>CAMP RACE</p>	<p>14 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>15 1:00 Lunch</p> <p>1:30 Crafts</p> <p>2:30 Movie & Popcorn</p> 
<p>16 1:00 Lunch Free Coffee All Day</p> 	<p>17 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>18 9:30 Stretch & Work-out 10:00 Golfing 11-3 Regina Beach Trip 2:00 Yoga 2:30 Community Kitchen 3:00 101 Computer with Logan</p>	<p>19 9:30 Stretch & Farmers Market 10:00 Lawson 10-12 Peer Support 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>20 9:30 Stretch & Work-out 9:45 Positive Pals 1:15 Bingo 2:00 Yoga 3:30 Cartooning with David</p>	<p>21 9:30 Stretch & Work-out 10:00 Nail Care 10:00 Chess Club 10-3 National Indigenous Peoples Day 1:15 Popular Theatre Group 1:30 Crafts 3:15 Lawson</p>	<p>22 1:00 Lunch</p> <p>1:30 Crafts</p> <p>2:00-3:00 Writing for your life workshop</p> <p>2:30 Big Bingo</p> 
<p>23 Ride Don't Hide Event: off-site 1:00 Lunch Free Coffee All Day</p> <hr/> <p>30 1:00 Lunch Free Coffee All Day</p>	<p>24 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>25 9:30 Stretch & Work-out 10:00 Golfing 1:15 Royal Sask Museum Tour 2:00 Yoga 2:30 Community Kitchen</p>	<p>26 9:30 Pet Therapy & Farmers Market 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda 2:30 Body works with Sarah</p>	<p>27 9:30 Stretch & Work-out 9:45 Positive Pals 10:30 Karaoke and Open Jam 1:15 Bingo 2:00 Yoga 3:30 Cartooning with David</p>	<p>28 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>29 1:00 Lunch</p> <p>1:30 Crafts</p> <p>2:30 Movie & Popcorn</p> 

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

Peer-run groups:

Positive Pals group: Thursdays at 9:45 am. Facilitated by Nursing students and/or staff. This is a chance for members to share their ideas/tools to create positive thinking and action

Open Jam Session: With Matt Polsfut Thursday June 27th 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 June 13th, 20th and 27th at 3:30pm

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 June 14th and 28th at 2:30pm in the rotary room. The club will provide guitars or bring your own.

Computer 101 with Logan: Do you have questions about computers? Need help navigating the internet? Ask Logan! He will be here June 18 at 3pm.

Please Welcome Our New Summer Student Mid-June

Nursing students: Alyssa and Rayanne here until June 12

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

Nursing students leaving party and flower pot activity: Join staff on Wednesday June 5th at 11:30am to say farewell to Rayanne and Alyssa

Trip to Regina Beach: Tuesday, June 18th at 11-3pm. Sign up sheet on the office window. Priority given to members not going camping.

National Indigenous Peoples Day: Friday June 21st. Stay tuned for more information on activities and outings.

Royal Sask Museum Tour: Tuesday, June 25th at 1:15pm. Sign up sheet on the office window

Crafts with Tanya: Join Tanya for some fun crafts on Saturdays at 1:30pm.

Writing for Your Life Workshop: by author Linda Biasotto. See poster in club area. Saturday, June 8th and 22nd at 2:00-3:00pm

Body works with Sarah: get your body moving with Sarah Wednesday June 12th and 26th 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 June 5th, 12th, 19th, and 26th 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, June 12th and 26th 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. Volunteer facilitate by Bob Hughes.

Monthly Birthday Party: All Welcome! Please join us on June 28th 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.