

September 2019

Sun Open 12pm-4pm	Mon Open 9am-4:30pm	Tue Open 9am-4:30pm	Wed Open 9am-4:30pm	Thu Open 9am-4:30pm	Fri Open 9am-4:30pm	Sat Open 12pm-4pm	
<p>1</p> <p>1:00 Lunch Free Coffee All Day</p> 	<p>2</p> <p>HAPPY LABOUR DAY</p> <p>THE CLUB IS CLOSED ALL DAY</p>	<p>3</p> <p>9:30 Stretch & Work-out 10:00 Golfing 11:00 Drumming 2:15 Community Kitchen</p>	<p>4</p> <p>9:30 Stretch & Work-out 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>5</p> <p>9:30 Stretch & Work-out 9:45 Positive Pals 1:15 Bingo</p>	<p>6</p> <p>9:30 Stretch & Work-out 10:00 Nail Care 10:00 Chess Club 11-12:30 TLC 1:30 Crafts 2:30 Big Bingo 3:00 Lawson</p> 	<p>7</p> <p>1:00 Lunch 1:30 Crafts 2:30 Movie & Popcorn</p>	
<p>8</p> <p>1:00 Lunch Free Coffee All Day</p> 	<p>9</p> <p>9:30 Stretch & Work-out 10:00 Wellness Plans 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games</p>	<p>10</p> <p>9:30 Stretch & Work-out 10:00 Golfing 11:00 Drumming 1:15 Trip to Excalipur 2:15 Community Kitchen</p>	<p>11</p> <p>9:30 Pet Therapy 9:30 Stretch & Work-out 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>12</p> <p>9:30 Stretch & Work-out 9:45 Positive Pals 1:15 Bingo 2:00 Workshop 3:00 Minute to Win it</p>	<p>13</p> <p>9:30 Stretch & Work-out 10:00 Nail Care 10:00 Chess Club 11-12:30 TLC 1:30 Crafts 3:00 Lawson</p>	<p>14</p> <p>1:00 Lunch 2:00-3:00 Writing for your life workshop 2:30 Big Bingo</p> 	
<p>15</p> <p>1:00 Lunch Free Coffee All Day</p> 	<p>16</p> <p>9:30 Stretch & Work-out 10:00 Wellness Plans 10:30 Lawson 12:45 Music Group 1:30 Pool Tournament 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games</p>	<p>17</p> <p>9:30 Stretch & Work-out 10:00 Golfing 11:00 Drumming 2:15 Community Kitchen</p>	<p>18</p> <p>9:30 Stretch & Work-out 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>19</p> <p>9:30 Stretch and workout 9:45 Positive Pals 10:30 Karaoke and Open Jam 1:15 Bingo 2:00 Workshop</p>	<p>20</p> <p>9:30 Stretch & Work-out 10:00 Nail Care 10:00 Chess Club 11-12:30 TLC 1:30 Crafts 2:30 Guitar Lessons 3:00 Lawson</p>	<p>21</p> <p>1:00 Lunch 2:30 Movie & Popcorn</p> 	
<p>22</p> <p>1:00 Lunch Free Coffee All Day</p> 	<p>23</p> <p>9:30 Stretch & Work-out 10:00 Wellness Plans 10:30 Lawson 12:45 Music Group 1:30 Shopping on a Budget 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games</p>	<p>24</p> <p>9:30 Stretch & Work-out 10:00 Golfing 11:00 Drumming 1:15 Trip to Elvis Museum 2:15 Community Kitchen</p>	<p>25</p> <p>9:30 Pet Therapy 9:30 Stretch & Work-out 10:00 Lawson 11:00 Educational Video 12:30-2 Open Art Studio 2:00 Knitting with Wanda</p>	<p>26</p> <p>9:30 Stretch & Work-out 9:45 Positive Pals 1:15 Bingo 2:00 Workshop</p>	<p>27</p> <p>9:30 Stretch & Work-out 10:00 Nail Care 10:00 Chess Club 11-12:30 TLC 1:30 Birthday Party 1:45 Crafts 2:30 Guitar Lessons 3:00 Lawson</p>	<p>28</p> <p>1:00 Lunch 2:00-3:00 Writing for your life workshop 2:30 Big Bingo</p> 	
<p>29</p> <p>1:00 Lunch Free Coffee All Day</p> 	<p>30</p> <p>9:30 Stretch & Work-out 10:00 Wellness Plans 10:30 Lawson 12:45 Music Group 2:00 Popular Theatre Group 2:30 Social Group 3:00 Wii games</p>	<p>Club will now be open 9am to 4:30 Monday to Friday</p>					

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

Club hours change:

- Weekdays 9 - 4:30 and snack will be at 3:45
- Weekends 12 – 4
- Some of the times for activities have changed. Please check the calendar for the changes

Peer-run groups:

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

Open Jam Session: Thursday September 19th at 10:30 with Karaoke

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

Guitar Lessons with Michael: Guitar lessons on Friday September 20th and 27th at 2:30pm in the rotary room. The club will provide guitars or bring your own.

Indigenous Drumming: Join Robin Tuesdays at 11:00am to learn and practice drumming.

Welcome our nursing students: They will be here Thursdays and Fridays please join them:

- Thursdays at 9:45am for Positive Pals to create your own Personal Wellness Guide
- Thursdays at 2:00 for a workshop
- Fridays from 11:00-12:30 for TLC and get your blood pressure and blood sugars checked.

Writing for Your Life Workshop: by author Linda Biasotto. See poster in club area. Saturday, September 14th and 28th from 2:00-3:00pm

Wellness Plans: Join Melissa and Suzanne Mondays at 10am to start building your own personalized wellness plan. Each week we will cover different topics with worksheets, toolbox ideas and discussions on resources to boost your wellbeing.

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

Pool Tournament: Monday September 16th at 1:30pm. Prizes awarded for 1st and 2nd place. Sign up sheet on the office window.

Minute to Win it: Come down Thursday September 12th at 3:00 for some fun and silly games.

Knitting with Wanda: Knitting with Wanda will return in September Wednesdays at 2:00

Shopping on a Budget: Join Linda on Monday September 23rd to learn how to shop on a budget. Linda will help create a grocery list, go shopping together, and will drop you and your groceries at home.

Open Art Studio: Join Amanda from *Paper Crane Community Arts Centre* Wednesdays September 18th and 25th at 12:30 – 2:00. No artistic experience is necessary to enjoy this group. Independent worktime on September 4th and 11th.

St. John's Pet Therapy: Meet Margie and her dog Taffy every second Wednesday at 9:30am. September 11th and 25th.

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

Yoga in a Chair: Linda is away until January 2020.

Community Kitchen: Tuesdays at 2:15 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: Join Bernadette in September for music group Mondays at 12:45

The Reel Anti-Suppressants Popular Theater Group: are always welcoming others to join in their Troupe. Volunteer facilitate by Bob Hughes. Practice will be Mondays at 2:00

Monthly Birthday Party: All Welcome! Please join us on September 27th at 1:30 to celebrate Members with a Birthday in September. Invite a friend or family member to your celebration.

PLEASE COMPLETE THE ANNUAL MEMBERS' SURVEY.

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

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.