












# March 2020

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><b>1</b></p> <p>1:00 Lunch Free Coffee All Day</p>  <p>March 1<sup>st</sup> is <b>Zero Discrimination Day</b> CMHA stands for #ZeroDiscrimination </p>	<p><b>2</b></p> <p>9:00 <b>Drawing Group</b> 9:30 Stretch &amp; Work-out 10:30 Lawson 2:00 Popular Theatre Group 2:30 <b>Social Group</b> 3:00 <b>Wii games</b></p>	<p><b>3</b></p> <p>9:30 Stretch &amp; Work-out 10:00 <b>Bowling</b> 2:30 <b>Community Kitchen</b></p>	<p><b>4</b></p> <p>9:30 Stretch &amp; Workout 10:00 Lawson 11:00 <b>Educational Video</b> 12:30-2 <b>Open Art Studio</b> 2:00 <b>Knitting with Wanda</b> 2:15 <b>Community Baking</b></p>	<p><b>5</b></p> <p>9:30 Stretch &amp; Work-out 9:45 <b>Positive Pals</b> 11:00 <b>Educational Workshop</b> 1:15 <b>Bingo</b> 2:00 <b>Library Group</b></p>	<p><b>6</b></p> <p>9:30 Stretch &amp; Work-out 10:00 <b>Chess Club</b> 10:00 <b>Mindful Meditation</b> 10:30 <b>Nail Care</b> 11-12:30 <b>TLC</b> 1:00 Popular Theatre Group 1:30 <b>Crafts</b> 2:30 <b>Big Bingo</b> 3:00 Lawson</p> 	<p><b>7</b></p> <p>1:00 Lunch</p> <p>2:30 <b>Movie &amp; Popcorn</b></p>
<p><b>8</b></p> <p>1:00 Lunch Free Coffee All Day</p> 	<p><b>9</b></p> <p>9:00 <b>Drawing Group</b> 9:30 Stretch &amp; Work-out 10:30 Lawson 12:45 <b>Music Group</b> 1:30 <b>Floral Conservatory Tour</b> 2:00 Popular Theatre Group 2:30 <b>Social Group</b> 3:00 <b>Wii games</b></p>	<p><b>10</b></p> <p>9:30 Stretch &amp; Work-out 10:00 <b>Bowling</b> 1:00 <b>Art of Friendship</b> 2:30 <b>Community Kitchen</b></p>	<p><b>11</b></p> <p>9:30 <b>Pet Therapy</b> 9:30 Stretch &amp; Workout 10:00 Lawson 11:00 <b>Educational Video</b> 12:30-2 <b>Open Art Studio</b> 2:00 <b>Knitting with Wanda</b></p>	<p><b>12</b></p> <p>9:30 Stretch &amp; Work-out 9:45 <b>Positive Pals</b> 11:00 <b>Educational Workshop</b> 1:15 <b>Bingo</b> 2:00 <b>Library Group</b></p>	<p><b>13</b></p> <p>9:30 Stretch &amp; Work-out 10:00 <b>Chess Club</b> 10:00 <b>Mindful Meditation</b> 10:30 <b>Nail Care</b> 11-12:30 <b>TLC</b> 1:00 Popular Theatre Group 1:30 <b>Crafts</b> 2:30 <b>Guitar Lessons</b> 3:00 Lawson</p> 	<p><b>14</b></p> <p>1:00 Lunch</p> <p>2:30 <b>Big Bingo</b></p>
<p><b>15</b></p> <p>1:00 Lunch Free Coffee All Day</p> 	<p><b>16</b></p> <p>9:00 <b>Drawing Group</b> 9:30 Stretch &amp; Work-out 10:30 Lawson 12:45 <b>Music Group</b> 2:00 Popular Theatre Group 2:30 <b>Social Group</b> 3:00 <b>Wii Games</b></p>	<p><b>17</b></p> <p>9:30 Stretch &amp; Work-out 10:00 <b>Bowling</b> 1:30 <b>St. Patrick's Tea</b></p> 	<p><b>18</b></p> <p>9:30 Stretch &amp; Workout 10:00 Lawson 11:00 <b>Educational Video</b> 12:30-2 <b>Open Art Studio</b></p> <p><b>THE CLUB IS CLOSED AT 1PM</b></p>	<p><b>19</b></p> <p>9:30 Stretch and workout 9:45 <b>Positive Pals</b> 11:00 <b>Educational Workshop</b> 1:15 <b>Bingo</b> 2:00 <b>Library Group</b></p>	<p><b>20</b></p> <p>9:30 Stretch &amp; Work-out 10:00 <b>Chess Club</b> 10:00 <b>Mindful Meditation</b> 10:30 <b>Nail Care</b> 11-12:30 <b>TLC</b> 1:00 Popular Theatre Group 1:30 <b>Crafts</b> 3:00 Lawson</p> 	<p><b>21</b></p> <p>1:00 Lunch</p> <p>2:30 <b>Movie &amp; Popcorn</b></p>
<p><b>22</b></p> <p>1:00 Lunch Free Coffee All Day</p> 	<p><b>23</b></p> <p>9:00 <b>Drawing Group</b> 9:30 Stretch &amp; Work-out 10:30 Lawson 12:45 <b>Music Group</b> 1:30 <b>Shopping on a budget</b> 2:00 Popular Theatre Group 2:30 <b>Social Group</b> 3:00 <b>Wii games</b></p>	<p><b>24</b></p> <p>9:30 Stretch &amp; Work-out 10:00 <b>Bowling</b> 1:00 <b>Art of Friendship</b> 2:30 <b>Community Kitchen</b></p>	<p><b>25</b></p> <p>9:30 <b>Pet Therapy</b> 9:30 Stretch &amp; Workout 10:00 Lawson 11:00 <b>Educational Video</b> 12:30-2 <b>Open Art Studio</b> 2:00 <b>Knitting with Wanda</b> 2:15 <b>Community Baking</b></p>	<p><b>26</b></p> <p>9:30 Stretch &amp; Work-out 9:45 <b>Positive Pals</b> 10:30 <b>Karaoke</b> 1:15 <b>Bingo</b></p>	<p><b>27</b></p> <p>9:30 Stretch &amp; Work-out 10:00 <b>Chess Club</b> 10:00 <b>Mindful Meditation</b> 10:30 <b>Nail Care</b> 11-12:30 <b>TLC</b> 1:00 Popular Theatre Group 1:30 <b>Birthday Party</b> 2:30 <b>Guitar Lessons</b> 3:00 Lawson</p> 	<p><b>28</b></p> <p>1:00 Lunch</p> <p>2:00-3:00 <b>Writing for your life workshop</b></p> <p>2:30 <b>Big Bingo</b></p>
<p><b>29</b></p> <p>1:00 Lunch Free Coffee All Day</p> 	<p><b>30</b></p> <p>9:00 <b>Drawing Group</b> 9:30 Stretch &amp; Work-out 10:30 Lawson 12:45 <b>Music Group</b> 2:00 Popular Theatre Group 2:30 <b>Social Group</b> 3:00 <b>Wii games</b></p>	<p><b>31</b></p> <p>9:30 Stretch &amp; Work-out 10:00 <b>Bowling</b> 1:00 <b>Art of Friendship</b> 2:30 <b>Community Kitchen</b></p>				

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

**Club hours change: Weekdays 9 - 4:30 and snack will be at 3:45pm. Weekends 12 – 4**

## Peer-run groups:

**Writing for Your Life Workshop:** with Lynn Hynes. See poster in club area. Saturday March 28<sup>th</sup> from 2-3:00pm. The group is attending the MacKenzie Art Gallery workshop on March 6<sup>th</sup> and 7<sup>th</sup>. See office window for details.

**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. Please join our Nursing Students for this group.

**Open Jam Session:** Thursday March 26<sup>th</sup> at 10:30 with Karaoke

**Stretching and Walking:** Monday – Friday at 9:30

**Guitar Lessons with Michael and Dillon:** Guitar lessons on Friday March 13<sup>th</sup> and 27<sup>th</sup> at 2:30pm in the rotary room. The club will provide guitars or bring your own.

**Community Baking with Dillon and Raymond:** Starting March 11<sup>th</sup> Wednesdays at 2:15 in the kitchen. All supplies will be provided by the club.

**Adult Drawing Group with Kelly:** Join Kelly in the Rotary room Mondays at 9am to learn how to draw your own detailed colouring pages.

**The Art of Friendship with Suzanne, Jennifer and Chris:** Join an 9-week course to learn and practice mental health recovery as well as many other topics. Please refer to the poster or talk to Suzanne for more information. Starting Tuesday March 10<sup>th</sup> at 1:00pm in the boardroom, each class is one hour, and last session will be graduation.

**Welcome our nursing students:** Please join Drew and Megan Thursdays and Fridays:

- Thursdays at 9:45am for Positive Pals to create your own Personal Wellness Guide
- Thursdays at 11:00 for a workshop: If you have ideas or topics for these education sessions, let the students know!
- Thursdays at 2:00 to visit the downtown Library
- Fridays from 11:00-12:30 for TLC and get your blood pressure checked, and health questions answered.

## **THE CLUB IS CLOSED AT 1PM ON WEDNESDAY MARCH 18<sup>TH</sup> FOR STAFF DEVELOPMENT**

**March 1<sup>st</sup> is Zero Discrimination Day-** Take time to learn about how discrimination impacts the mental health of those who experience it. We all deserve to live, work, learn and play in healthy and safe places. Take time today to learn more about Mental Health and Mental Illness. Let's work together to eliminate discrimination in our communities. Together we can end discrimination.

**Shopping on a Budget:** Monday March 23<sup>rd</sup> at 1:30pm. Join Karmin to find out how to budget your money and get the most out of your budget for groceries. Share expenses for bulk buying and this includes a trip to the grocery store.

**Mindful Meditation:** Gather in the Rotary room on Fridays at 10:30am for a chance to clear your thoughts.

**Floral Conservatory Tour:** Monday March 9<sup>th</sup> at 1:30pm

**St. Patrick's Day Tea: Tuesday March 17<sup>th</sup> at 1:30pm – Hosted by the Inner Wheel Eastview Group**

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

**Knitting with Wanda:** Knitting with Wanda on Wednesdays at 2:00

**Open Art Studio:** Join Amanda Wednesdays 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 every second Wednesday at 9:30am. March 11<sup>th</sup> and 25<sup>th</sup>.

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

**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:** Join Bernadette for music group Mondays at 12:45. No group on March 2<sup>nd</sup>.

**Crafts:** Fridays at 1:30

**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 2:00pm and Fridays at 1:00pm

**Monthly Birthday Party:** All Welcome! Please join us on March 27<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.\*\*\*