













October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please note that we are still restricted to the number of people allowed in the building at one time, so we ask that you call 306-525-9543 to book an appointment.</p> <p>If you would like to participate in an activity listed on the calendar or if you just want to visit, we would love to see you! ☺</p>			<p>1</p> <p>10-12pm Member Appointments</p> <p>2-4pm Movie Time</p>	<p>2</p> <p>10-12pm Fun and Games</p> <p>2-4pm Bingo</p> 
<p>5</p> <p>10-12pm Mindful Monday-Yoga in a chair</p> <p>2-4pm Fun & Games</p> <p>2-3pm Book Club</p> 	<p>6</p> <p>10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>7</p> <p>10-12pm Crafts</p> <p>1-2pm Online Peer Support Zoom</p>	<p>8</p> <p>10-12pm Member Appointments</p> <p>2-4pm Movie Time</p>	<p>9</p> <p>10-12pm Fun & Games Xbox</p> <p>2-4pm Bingo</p> 
<p>12</p> <p>STAT HOLIDAY</p> <p>CLUB IS CLOSED ALL DAY</p>	<p>13</p> <p>10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>14</p> <p>10-12pm Crafts</p> <p>1-2pm Online Peer Support Zoom</p>	<p>15</p> <p>10-12pm Member Appointments</p> <p>2-4pm Movie Time</p>	<p>16</p> <p>10-12pm Fun & Games Xbox</p> <p>2-4pm Bingo</p> 
<p>19</p> <p>10-12pm Mindful Monday-Yoga in a chair</p> <p>2-4pm Fun & Games</p> <p>2-3pm Book Club</p> 	<p>20</p> <p>10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>21</p> <p>10-11:30am Art of Friendship-Session #2</p> <p>10-12pm Crafts</p> <p>1-2pm Online Peer Support Zoom</p> <p>2-4pm Self Esteem Group</p>	<p>22</p> <p>10-12pm Member Appointments</p> <p>2-4pm Movie Time</p>	<p>23</p> <p>10-12pm Fun & Games Xbox</p> <p>2-4pm Bingo</p> 
<p>26</p> <p>10-12pm Mindful Monday</p> <p>2-4pm Fun & Games</p> <p>2-3pm Book Club</p> 	<p>27</p> <p>10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>28</p> <p>10-11:30am Art of Friendship-Session #3</p> <p>10-12pm Crafts</p> <p>1-2pm Online Peer Support</p> <p>2-4pm Self Esteem Group</p>	<p>29</p> <p>10-12pm Member Appointments</p> <p>2-4pm Movie Time</p>	<p>30</p> <p>10-12pm Fun & Games Xbox</p> <p>2-4pm Bingo</p> 

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

Monday October 12th is a stat holiday. The club is closed.

October 4-10 is Mental Illness Awareness Week: Now more than ever Canadians understand that there is no health without mental health. As we all navigate these challenging times by adjusting our behaviours, attitudes, lifestyles, and social interactions, we want to recognize and celebrate the movement we as a society have made in prioritizing mental health.

Every Monday:

- 10-12pm Mindfulness Activities-Yoga in a Chair (Oct. 5 & 19 only)
- 2-4pm Fun & Games
- 2-3pm Book Club

Every Tuesday:

- 10-12pm Educational Video and Discussion
 - Our Planet: From Deserts to Grasslands Oct 6th 50mins
 - Our Planet: One Planet Oct 13th 49 mins
 - Our Planet: Frozen Worlds Oct 20th 53 mins
 - Our Planet: Jungles Oct 27th 50 mins
- 2-4pm Bingo

Every Wednesday:

- 10-12pm Crafts
- 1-2pm Online Peer Support Zoom
- 2-4pm Self Esteem Group (Oct. 21 & 28 only)

Every Thursday:

- 10-12pm Member Appointments
- 2-4pm Movie Time

Every Friday:

- 10-12pm Fun & Games Xbox
- 2-4pm Bingo

Virtual Groups:

“Writing For Your Life” is a peer lead group facilitated by Lyn. They are welcoming new participants! This creative writing group is currently focusing on freewriting and then discussion. They meet by phone on a three-way call, via SaskTel, every second and fourth Saturdays of the month at 2:00 p.m. If you are interested in joining or learning more about WFYL please let staff know and we will link you to the facilitator of the group for more information.

Zoom Peer Support: Our Peer support is offered to support the personal well-being of our members with a focus on individual resilience, including discussions about strengths and challenges while fostering connections to others who may be in similar circumstances and to community resources.

In person - The Art of Friendship: an eight-week course to learn new skills to become a better friend and meet new friends, build self confidence and a better understanding of yourself. We ask that each participant make a commitment to attend all 8 sessions. Due to Covid 19 restrictions, we can only accommodate 5 people. It's on a first registered basis and no qualifications or pre-requisites required. To join, please email facilitator Suzanne Quesnel at suzanne@cmharegina.com or call 306-525-9543 ext 223.

Registration is open until Oct 21st or until all spots are filled.

September 30	Session 1	Orientation to Recovery through “The Art of Friendship” Workshop
October 21	Session 2	Understanding Human Behaviour & Basic Needs Theory
October 28	Session 3	Responsibility & Commitment
November 4	Session 4	Values and Integrity
November 18	Session 5	Boundaries
November 25	Session 6	Self-Disclosure & Trust
December 2	Session 7	Communication & Conflict Resolution
December 9	Session 8	Intimacy & Group Closure & Graduation

*Please note there is no sessions on Nov 11.

Please note that we are still restricted to the number of people allowed in the building at one time, so we ask that you call 306-525-9543 to book an appointment.

If you would like to participate in an activity listed on the calendar or if you just want to visit, we would love to see you! 😊