














September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 10-12pm Member Appointments</p> <p>2-4pm Member Appointments</p>	<p>2 10-12pm Crafts</p>  <p>1-2pm Online Peer Support</p>	<p>3 10-12pm Member Appointments</p> <p>2-4pm Member Appointments</p>	<p>4 10-12pm Fun and Games</p> <p>2-4pm Movie Time</p>
<p>7 STAT HOLIDAY CLUB IS CLOSED ALL DAY</p>	<p>8 10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>9 10-12pm Crafts</p>  <p>1-2pm Online Peer Support</p>	<p>10 10-12pm Member Appointments</p> <p>2-4pm Movie Time</p>	<p>11 10-12pm Fun & Games Xbox</p> <p>2-4pm Bingo</p> 
<p>14 10-12pm Mindful Monday</p> <p>2-4pm Fun & Games</p> <p>2-3pm Book Club</p> 	<p>15 10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>16 10-11:30am Art of Friendship-Session #1</p> <p>10-12pm Crafts</p> <p>1-2pm Online Peer Support</p>	<p>17 10-12pm Member Appointments</p> <p>2-4pm Movie Time</p>	<p>18 10-12pm Fun & Games Xbox</p> <p>2-4pm Bingo</p> 
<p>21 10-12pm Mindful Monday</p> <p>2-4pm Fun & Games</p> <p>2-3pm Book Club</p> 	<p>22 10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>23 10-11:30am Art of Friendship-Session #2</p> <p>10-12pm Crafts</p> <p>1-2pm Online Peer Support</p>	<p>24 10-12pm Member Appointments</p> <p>2-4pm Movie Time</p>	<p>25 10-12pm Fun & Games Xbox</p> <p>2-4pm Bingo</p> 
<p>28 10-12pm Mindful Monday</p> <p>2-4pm Fun & Games</p> <p>2-3pm Book Club</p> 	<p>29 10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>30 10-12pm Crafts</p>  <p>1-2pm Online Peer Support</p>	<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>	

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

Monday September 7th is a stat holiday, so the club will be closed that day.

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 Sept 15th or until all spots are filled.

September 16	Session 1	Orientation to Recovery through "The Art of Friendship" Workshop
September 23	Session 2	Understanding Human Behaviour & Basic Needs Theory
October 7	Session 3	Responsibility & Commitment
October 14	Session 4	Values and Integrity
October 21	Session 5	Boundaries
October 28	Session 6	Self-Disclosure & Trust
November 4	Session 7	Communication & Conflict Resolution
November 18	Session 8	Intimacy & Group Closure & Graduation
*Please note there are no sessions on Sept 30 or Nov 11.		

Every Monday:

- 10-12pm Mindfulness Activities
- 2-4pm Fun & Games
- 2-3pm Book Club

Every Tuesday:

- 10-12pm Educational Video and Discussion
 - Bill Nye the Science Guy-Germs Sept 8
 - Bill Nye the Science Guy-Reptiles Sept 15
 - Bill Nye the Science Guy-Bones and Muscles Sept 22
 - Bill Nye the Science Guy-Volcanoes Sept 29
- 2-4pm Bingo

Every Wednesday:

- 10-12pm Crafts
- 1-2pm Online Peer Support

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.

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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! 😊