









November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10-12pm Mindful Monday- Chair Yoga & Meditation</p> <p>2-4pm Fun & Games</p>	<p>3</p> <p>10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>4</p> <p>10-11:30am Art of Friendship-Session #3</p> <p>10-12 Crafts</p> <p>1-2pm Online Peer Support Zoom</p> <p>2-4 Self Esteem Group</p>	<p>5</p> <p>10-12pm Member Appointments</p> <p>2-4 Movie Time</p>	<p>6</p> <p>10-12pm Fun and Games</p> <p>2-4pm Bingo</p> 
<p>9</p> <p>10-12pm-Get Your Body Moving!</p> <p>2-4pm Crafts</p>	<p>10</p> <p>10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>11</p> <p>STAT HOLIDAY</p> <p>CLUB IS CLOSED ALL DAY</p>	<p>12</p> <p>10-12pm Member Appointments</p> <p>2-4pm Movie Time</p>	<p>13</p> <p>10am Members Memorial</p> <p>2-4pm Bingo</p> 
<p>16</p> <p>10-12pm Mindful Monday- Chair Yoga & Meditation</p> <p>2-4pm Crafts</p>	<p>17</p> <p>10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>18</p> <p>10-11:30am Art of Friendship-Session #4</p> <p>10-12 Fun and Games</p> <p>1-2pm Online Peer Support Zoom</p> <p>2-4 Self Esteem Group</p>	<p>19</p> <p>10-12pm Member Appointments</p> <p>2-4pm Movie Time</p>	<p>20</p> <p>10-12pm Fun & Games Xbox</p> <p>2-4pm Bingo</p> 
<p>23</p> <p>10-12pm-Get Your Body Moving!</p> <p>2-4pm Crafts</p>	<p>24</p> <p>10-12pm Educational Video and Discussion</p> <p>2-4pm Bingo</p> 	<p>25</p> <p>10-11:30am Art of Friendship-Session #5</p> <p>10-12pm Fun and Games</p> <p>1-2pm Online Peer Support Zoom</p> <p>2-4pm Self Esteem Group</p>	<p>26</p> <p>10-12pm Member Appointments</p> <p>2-4pm Movie Time</p>	<p>27</p> <p>10-12pm Fun & Games Xbox</p> <p>2-4pm Bingo</p> 
<p>30</p> <p>10-12pm Mindful Monday- Chair Yoga & Meditation</p> <p>2-4pm Crafts</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 November at the Members' Club

Wednesday November 11th is a stat holiday. The club will be closed all day.

Every Monday:

- 10-12pm Mindfulness Mondays include Chair Yoga & Meditation every other Monday - November 2nd, 16th, 30th and Get Your Body Moving November 9th and November 23rd
- 2-4pm Crafts

Every Tuesday:

- 10-12pm Educational Video and Discussion
 - Our Planet: Jungles 50mins
 - Remembrance Day video
 - Our Planet: Fresh Water 48mins
 - Our Planet: High Seas 48mins
- 2-4pm Bingo

Every Wednesday:

- 10-12pm Fun and Games
- 1-2pm Online Peer Support Zoom
- 2-4pm Self Esteem Group (no group Nov 11)

Every Thursday:

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

Every Friday:

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

Members Memorial: Join staff Friday, November 13th at 10am in remembering our fallen soldiers and members who have passed on. There will be a small ceremony and a chance for members to speak about their losses/memories.

Peer led Chair Yoga & Meditation: with Heather G. November 2nd, 16th and 30th.

Virtual Groups:

Mondays!! Get Your Body Moving! Fight Covid fatigue with a low impact exercise with Suzanne. There will be a modified version as well (sitting in a chair). We start off with a 15 min warm up, main exercise and 10 min cool down. This is offered in person (3 ppl max) and on zoom. To sign up, call Suzanne at 306-525-9543 ext.223 or email at suzanne@cmharegina.com.

"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.

Starting January 2021: The Art of Friendship on Zoom: 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. More information provided on the December activity calendar.

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! 😊