


Please note our plan is to stay open, however, this could change at a moment's notice due to Public Health Orders to close or reduce our services

July 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| <p>Drop-ins 9:00-11:30 and 2:00 -3:30 - Maximum 10 people.</p> <p>*Please note, you can still book an appointment, if needed. *</p> <p><i>Join us as we travel from Coast to Coast Across Canada this summer – virtually; it's free and includes "cool" rewards. See Staff for more information and to receive your passport.</i></p> <p>We look forward to seeing you soon!</p> | | | | |
|  |  |  | <p>1</p> <p>CLUB CLOSED</p> <p>STAT Holiday</p> | <p>2</p> <p>9-12pm: Members Visit</p> <p>2-4pm: Members Visit</p> |
| <p>5</p> <p>9-12pm: Technology Education</p> <p>2:00 – 4:00: X-Box</p> <p>2:30-3:30pm: Peer Support on Zoom</p> | <p>6</p> <p>9-12pm: Members Visits and Games</p> <p>2-4pm: Bingo</p> | <p>7</p> <p>9-12pm: Games Day Pool, Cribbage, Yahtzee and puzzles</p> <p>2-4pm: Members Visit And Documentary</p> | <p>8</p> <p>9-12pm: Members Visit and Games</p> <p>11-12pm: Member Zoom Chats</p> <p>2-4pm: Movie</p> | <p>9</p> <p>9-12pm: Members Visit</p> <p>11-12pm: Supporting Anxiety</p> <p>2-4pm: Bingo</p> |
| <p>12</p> <p>9-12pm: Technology Education</p> <p>2:00 – 4:00: X-Box</p> <p>2:30-3:30pm: Peer Support on Zoom</p> | <p>13</p> <p>9-12pm: Members Visits and Games</p> <p>2-4pm: Bingo</p> | <p>14</p> <p>9-12pm: Games Day Pool, Cribbage, Yahtzee and puzzles</p> <p>2-4pm: Members Visit And Documentary</p> | <p>15</p> <p>9-12pm: Members Visits and Games</p> <p>11-12pm: Member Zoom Chats</p> <p>2-4pm: Movie</p> | <p>16</p> <p>9-12pm: Members Visit</p> <p>11-12pm: Supporting Anxiety</p> <p>2-4pm: Bingo</p> |
| <p>19</p> <p>9-12pm: Technology Education</p> <p>2:00 – 4:00: X-Box</p> <p>2:30-3:30pm: Peer Support on Zoom</p> | <p>20</p> <p>9-12pm: Members Visits and Games</p> <p>2-4pm: Bingo</p> | <p>21</p> <p>9-12pm: Games Day Pool, Cribbage, Yahtzee and puzzles</p> <p>2-4pm: Members Visits And Documentary</p> | <p>22</p> <p>9-12pm: Members Visits and Games</p> <p>11-12pm: Member Zoom Chats</p> <p>2-4pm: Movie</p> | <p>23</p> <p>9-12pm: Members Visit</p> <p>11-12pm: Supporting Anxiety</p> <p>2-4pm: Bingo</p> |
| <p>26</p> <p>9-12pm: Technology Education</p> <p>2:00 – 4:00: X-Box</p> <p>2:30-3:30pm: Peer Support on Zoom</p> | <p>27</p> <p>9-12pm: Members Visits and Games</p> <p>2-4pm: Bingo</p> | <p>28</p> <p>9-12pm: Games Day Pool, Cribbage, Yahtzee and puzzles</p> <p>2-4pm: Members Visits And Documentary</p> | <p>29</p> <p>9-12pm: Members Visits and Games</p> <p>11-12pm: Member Zoom Chats</p> <p>2-4pm: Movie</p> | <p>30</p> <p>Branch Closed</p> <p>Floating Holiday</p> <p>&</p> <p>Closed</p> <p>Monday August 2 for Saskatchewan Day</p> |

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

Sign up for July's Physical Incentive Program with "Cool" rewards. Ask us for more information.

Every Monday:

- 9-12pm: Technology Education
- 2 -4pm: X-Box
- 2:30-3:30pm: Peer Support via Zoom with Karmin

Every Tuesday:

- 9-12pm: Members Visits and Games
- 2-4pm: Bingo

Every Wednesday:

- 9-12pm: Games Day Wednesday; Pool, Cribbage, Yahtzee, Puzzles
- 2-4pm: Members Visits and Documentary

Every Thursday:

- 9-12pm: Members Visits and Games
- 11-12pm: Member Zoom Chats
- 2-4pm: Movie

Every Friday:

- 9 12pm: Members Visits
- 11-12pm: Supporting Anxiety on Zoom with Suzanne In Person and on Zoom
- 2-4pm: Bingo

VIRTUAL GROUPS:

Recorded Relaxation with Karmin: Take a moment for yourself and listen to this audio recording to help you relax. [Relaxation.mp3](#) [The link is also provided on our website.](#)

"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.

Peer Support via Zoom: 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. You must pre-register so we can send you the link for Zoom to participate. Email: karmin@cmharegina.com

Member Zoom Chats: Every Thursday morning staff will set up Zoom in the club so we can chat with members from approved homes and others who cannot come down to the club. You must pre-register by email. Send your info to: suzanne@cmharegina.com you will be sent the link to Zoom the day before.

Supporting Anxiety: Every Friday morning Suzanne will be offering in person and Zoom Supporting Anxiety classes simultaneously. If you would like to participate in-person or virtually, please register with Suzanne at suzanne@cmharegina.com

Our Club is now open for "Drop ins" from 9:00 am until 11:30 am and 2pm until 3:30pm with a maximum of 10 people in the building. Or you can book an appointment if needed.

Please note that Covid Protocols are still in place to ensure everyone's safety.

Thank you so much for your continued support and patience as we transition to our slow, steady and cautious reopening!

