

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

## November 2021

Drop-ins 9:00-11:30 and 2:00 -3:30 - Maximum 10 people. Please note, you can still book an appointment, if needed.

We look forward to seeing you soon!

It's not too late to join our virtual trek across Canada. See staff for details.

Please get your vaccinations.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>9-12pm: Technology Education</p> <p>2:00 – 4:00: X-Box</p>	<p><b>2</b></p> <p>9-12pm: Members Visits and Games</p> <p>2-4pm: Bingo &amp; Pool</p>	<p><b>3</b></p> <p>9-12pm: Crafts &amp; Pool</p> <p>2-4pm: Members Visit And Documentary: Untamed Romania</p>	<p><b>4</b></p> <p>9-12pm: Members Visit and Games</p> <p>10:30am: Wellness</p> <p>2-4pm: Movie: Rush Hour 1</p>	<p><b>5</b></p> <p>9-12pm: Members Visit &amp; X-Box</p> <p>2-3pm: Bingo &amp; Pool</p> <p>3pm: Covid Jeopardy with Nursing Students</p>
<p><b>8</b></p> <p>9-12pm: Technology Education</p> <p>2:00 – 4:00: X-Box</p>	<p><b>9</b></p> <p>9-12pm: Members Visits and Games</p> <p>2-4pm: Bingo &amp; Pool</p>	<p><b>10</b></p> <p>9-12pm: Crafts &amp; Pool</p> <p>11:00am: Moments to Remember</p> <p>2-4pm: Members Visit And Documentary: Forgotten Warriors</p> <p>2:30-3:30pm: Peer Support on Zoom</p>	<p><b>11</b></p> <p><b>Club Closed Remembrance Day Stat Holiday</b></p>	<p><b>12</b></p> <p>9-12pm: Members Visit &amp; X-Box</p> <p>10am: Indigenous Culture</p> <p>2-4pm: Bingo &amp; Pool</p>
<p><b>15</b></p> <p>9-12pm: Technology Education</p> <p>10:00am Movember; start a conversation about Men's Health</p> <p>2:00 – 4:00: X-Box</p>	<p><b>16</b></p> <p>9-12pm: Members Visits and Games</p> <p>2-4pm: Bingo &amp; Pool</p>	<p><b>17</b></p> <p>9-12pm: Crafts &amp; Pool</p> <p>2-4pm: Members Visit And Documentary: Chasing Coral</p> <p>2:30-3:30pm: Peer Support on Zoom</p>	<p><b>18</b></p> <p>9-12pm: Members Visit and Games</p> <p>10:00am: Wellness Project Nursing Students last day.</p> <p>2-4pm: Movie: Jumanji</p>	<p><b>19</b></p> <p>9-12pm: Members Visit &amp; X-Box</p> <p>10am: Indigenous Culture</p> <p>2-4pm: Bingo &amp; Pool</p>
<p><b>22</b></p> <p>9-12pm: Technology Education</p> <p>2:00 – 4:00: X-Box</p>	<p><b>23</b></p> <p>9-12pm: Members Visits and Games</p> <p>2-4pm: Bingo &amp; Pool</p>	<p><b>24</b></p> <p>9-12pm: Crafts &amp; Pool</p> <p>2-4pm: Members Visit And Documentary: Expedition China</p> <p>2:30-3:30pm: Peer Support on Zoom</p>	<p><b>25</b></p> <p>9-12pm: Members Visit &amp; Crib Tournament</p> <p>2-4pm: Movie: Ride Along 2</p>	<p><b>26</b></p> <p>9-12pm: Members Visit &amp; X-Box</p> <p>10am: Indigenous Culture</p> <p>2-4pm: Bingo &amp; Pool</p>
<p><b>29</b></p> <p>9-12pm: Technology Education</p> <p>2:00 – 4:00: X-Box</p>	<p><b>30</b></p> <p>9-12pm: Members Visits and Games</p> <p>Giving Tuesday Random Acts of Kindness</p> <p>2-4pm: Bingo &amp; Pool</p>		<p>November is Men's Mental Health Awareness Month – see CMHA.ca for more information</p>	

## November is Men's Mental Health Awareness Month WHAT'S GOING ON in November at the Members' Club

Crafts are every Wednesday morning from 9:00 to 12:00.

Join us this month for and Winter themed crafts and Remembrance Day Wreaths

**Wednesday Documentaries:** November 3<sup>rd</sup> – Untamed Romania, November 10<sup>th</sup> – Forgotten Warriors, November 17<sup>th</sup> – Chasing Coral, November 24<sup>th</sup> – Expedition China

**Thursday Movies:** November 4<sup>th</sup> – Rush Hour 1, November 18<sup>th</sup> – Jumanji, November 25<sup>th</sup> – Ride Along 2

**Nursing Students, Frances and Mhel will offer the following this month:**

-Thursday November 4<sup>th</sup>: Wellness Session @ 10:30am

-Friday November 5<sup>th</sup>: Covid Jeopardy @ 3:00pm

-Thursday November 18<sup>th</sup> – Wellness Project - Nursing Students last day

**Friday November 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> @ 10:00 am: Indigenous Culture** with videos from Turtle Lodge International Centre for Indigenous Education and Wellness, including discussions and sharing.

**November 30<sup>th</sup> 2021: GivingTuesday** - the global day of giving

Across Canada and around the world, **GivingTuesday** unites communities by sharing our capacity to care for and empower one another. [www.givingtuesday.ca](http://www.givingtuesday.ca)

Please join us in the morning for Random Acts of Kindness.

### 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](mailto:Karmin@cmharegina.com)

**Physical Incentive Program:** It's not too late to join our virtual trek across Canada, with rewards for milestones met.

**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!