

September 2022

Open from 9:00am to 4:00pm Monday to Friday
Mask wearing, and hand sanitizing are still in place to ensure everyone's safety.
Sit Down Lunches Served Monday to Friday 12:00 to 12:45 pm

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| <p>In honor of National Day for Truth and Reconciliation, the club will be closed on September 30th</p> <p>Join us for special activities during the week of September 26th through to September 29th</p> | | | <p>1 <i>Welcome Nursing Students!</i> 9-12pm: Visits 9:15am Margie and Taffy visit 10am: Walk 1:30pm: Movie 2-3pm: Zoom Peer Support</p> | <p>2 9-12pm: Visits & Games 10am: Walk 1:30pm: Bingo & Pool</p> |
| <p>5</p> <p style="text-align: center;">Labour Day STAT Holiday Club Closed for the Day</p> | <p>6 9-12pm: Visits & Games 10am: Walk in Wascana 1:30pm: X-Box Bowling 3pm: Ice Cream</p> | <p>7 9-12: Games & Pool 10am: Farmers Market 1:30pm: Documentary 2-4pm: Community Kitchen - sign up</p> | <p>8 9-12pm: Visits & Games 10am: Walk 10:30am Nursing Students Wellness 1:30pm: Movie 2-3pm: Zoom Peer Support</p> | <p>9 9-12pm: Visits & Games 10am: Walk 10:30am Nursing Students Health Presentation 1:30pm: Bingo & Pool</p> |
| <p>12 9-12pm: Crafts & Pool 9:30am: Crib Tournament 1:30 to 4pm: Bingo & Pool</p> | <p>13 9-12pm: Visits & Games 10am: Walk in Wascana 1:30 Communication Sessions 3pm: Ice Cream</p> | <p>14 9-12: Games & Pool 10am: Farmers Market</p> <p style="text-align: center;">Members Club is closed at 1:00pm for the afternoon Staff Meeting</p> | <p>15 9-12pm: Visits 9:15am Margie and Taffy visit 10am: Walk 10:30am Nursing Students Wellness 1:30pm: Movie 2-3: Zoom Peer Support</p> | <p>16 9-12pm: Visits & Games 10am: Walk 10:30am Nursing Students Health Presentation 1:30pm: Bingo & Pool</p> |
| <p>19 9-12pm: Crafts & Pool 1:30 to 4pm: Bingo & Pool</p> | <p>20 9-12pm: Visits & Games 10am: Walk in Wascana 1:30 Communication Sessions 3pm: Ice Cream</p> | <p>21 9-12: Games & Pool 10am: Farmers Market 1:30pm: Documentary</p> | <p>22 9-12pm: Visits 9:00am. Golf 10am: Walk 10:30am Nursing Students Wellness 1:30pm: Movie 1:30pm Wascana Boat Tour</p> | <p>23 9-12pm: Visits & Games 10am: Walk 10:30am Nursing Students Health Presentation 1:30pm: Bingo & Pool</p> |
| <p>26 9-12pm: Crafts & Pool 1:30 to 4pm: Bingo & Pool</p> | <p>27 9-12pm: Visits & Games 10am: Walk in Wascana 1:30 Communication Sessions 2:30pm: September Birthday Party!</p> | <p>28 9-12: Games & Pool 10am: Farmers Market 1:30pm: Documentary 2-4pm: Community Kitchen - sign up</p> | <p>29 9-12pm: Visits 9:15am Margie and Taffy visit 10am: Walk 10:30am Wellness 1:30pm: Movie 2:00-3:00pm Zoom Peer Support</p> | <p style="text-align: center;">National Day for Truth and Reconciliation STAT Holiday Club Closed for the day.</p> |

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

Our hours are 9:00am to 4:00pm Monday to Friday. We are no longer closed over the lunch hour.

You are welcome to come for visits and games or pool any time between 9-4

Sit Down lunches are now being served Monday to Friday at 12:00 to 12:45pm only.

There is a small fee of \$0.25 cents per meal. Members in approved homes will be able to purchase a meal for \$5.00. If you wish to purchase a lunch card, please see staff.

A Warm Welcome to our Nursing Students Radjah and Jenna! They will offer the following this month:

Thursdays at 10:30am: Wellness Activities

Fridays Health Presentations @ 10:30am

Drop-in Wellness Checks as requested: Please ask for some one-to-one time to check your Blood Pressure, Blood Sugar, and Weight, and to ask your health questions.

Crafts: Monday mornings from 9:00am to 12:00pm. Join us this month for Fall crafts.

Monday September 12th **Crib Tournament** starting at 9:30am; Sign up required.

Walks on Tuesdays, Thursdays and Fridays at 10:00am; Sign up required.

Tuesday join us for Ice Cream treats at 3:00pm

Join us Tuesday September 27th at 2:30pm to celebrate September Birthdays!

Farmers Market Wednesday at 10:00am; We will explore the charm of our community & local vendors.

Wednesday Documentaries with **a new start time of 1:30pm**

Wednesday Community Kitchen from 2:00pm to 4:00pm; sign up required and limited to one session per month.

Maximum 4 members for each cooking session.

Thursdays September 1st, 15th and 29th **Pet Therapy with Margie and Taffy** at 9:15am

Golf Thursday September 22nd at 9:00am; Sign up required

Thursday Movies: with a **new start time of 1:30pm**

Wascana Boat Tour – Thursday September 22nd at 1:30; names will be drawn

Bingo is now Mondays and Fridays from **1:30pm to 3:30pm**

September 5, 2022 – Stat Holiday – Club will be closed for Labour Day

September 30, 2022 – Stat Holiday - Club will be closed for Day for Truth and Reconciliation.

VIRTUAL GROUPS: Our Peer Support Zoom is on Thursdays at 2:00pm

“**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 Saturday 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.

COMMUNITY EVENTS BOARD: Check out information posted in the Club on what's free and fun around town.

Mask wearing and hand sanitizing 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!

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.