

November 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 from 12:00 to 12:45 pm.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>9-12pm: Visits & Games</p> <p>3:00pm: Ice Cream</p>	<p>2</p> <p>9-12: Games & Pool</p> <p>10:00am: Walking Group</p> <p>1:30 - 4pm Documentary</p> <p>2:15-4pm:Community Kitchen sign up</p>	<p>3</p> <p>9-12pm: Visits & Games</p> <p>10:30am: Wellness</p> <p>1:30pm: Movie</p> <p>2-3pm: Zoom Peer Support</p>	<p>4</p> <p>9-12pm: Visits & Games</p> <p>10:30am: Health Presentation</p> <p>1:30pm: Bingo & Pool</p>
<p>7</p> <p>9-12pm: Crafts & Pool</p> <p>1:30pm: Bingo & Pool</p>	<p>8</p> <p>9-12pm: Visits & Games</p> <p>1:30 Communication Sessions</p> <p>3:00pm: Ice Cream</p>	<p>9</p> <p>9-12: Games & Pool</p> <p>10:00am: Walking Group</p> <p>1:30pm: Members Club is closed for the afternoon (For Staff Meeting)</p>	<p>10</p> <p>9-12pm: Visits & Games</p> <p>9:15am: Pet Therapy</p> <p>11:00am: Memorial</p> <p>1:30pm: Movie</p> <p>2:00pm: Peer Support Zoom</p>	<p>11</p> <p style="text-align: center;">Club Closed Remembrance Day Stat Holiday</p>
<p>14</p> <p>9-12pm: Crafts & Pool</p> <p>1:30pm: Bingo & Pool</p>	<p>15</p> <p>9-12pm: Visits & Games</p> <p>1:30 Communication Sessions</p> <p>3:00pm: Ice Cream</p>	<p>16</p> <p>9-12: Games & Pool</p> <p>10:00am: Walking Group</p> <p>1:30 - 4pm Documentary</p> <p>2:15-4pm:Community Kitchen sign up</p>	<p>17</p> <p>9-12pm: Visits & Games</p> <p>10:30am: Men's Health</p> <p>1:30pm: Movie</p> <p>2-3pm: Zoom Peer Support</p>	<p>18</p> <p>9-12pm: Visits & Games</p> <p>10:30am: Health Presentation</p> <p>11:30am Nursing Students last day Thank you!</p> <p>1:30pm: Bingo & Pool</p>
<p>21</p> <p>9-12pm: Crafts & Pool</p> <p>1:30pm: Bingo & Pool</p>	<p>22</p> <p>9-12pm: Visits & Games</p> <p>9:30am: Pool Tournament sign up</p> <p>1:30 Communication Sessions</p> <p>3:00pm: Ice Cream</p>	<p>23</p> <p>9-12: Games & Pool</p> <p>10:00am: Walking Group</p> <p>1:30 - 4pm Documentary</p> <p>2:15-4pm:Community Kitchen sign up</p>	<p>24</p> <p>9-12pm: Visits & Games</p> <p>9:15am: Pet Therapy</p> <p>1:30pm: Movie</p> <p>2:00pm: Peer Support Zoom</p>	<p>25</p> <p>9-12pm: Visits & Games</p> <p>1:30pm: Bingo & Pool</p>
<p>28</p> <p>9-12pm: Crafts & Pool</p> <p>1:30pm: Bingo & Pool</p>	<p>29</p> <p>9-12pm: Visits & Games</p> <p>1:30 Communication Sessions</p> <p>3:00pm: Ice Cream</p>	<p>30</p> <p>9-12: Games & Pool</p> <p>10:00am: Walking Group</p> <p>1:30 - 4pm Documentary</p> <p>2:30pm Birthday Party</p> <p>2:15-4pm:Community Kitchen sign up</p>	<p>November is Men's Health Month – see CMHA.ca for more information</p>	

CANADIAN MENTAL HEALTH ASSOCIATION, REGINA BRANCH, 1810 ALBERT ST. 306-525-9543

November is Men's Health Month

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

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

Sit Down lunches are served Monday to Friday from 12:00 to 12:45pm only. A small fee of \$0.25 per meal will be charged. 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.

Our 30 Day CHALLENGE will run until the end of December. Choose your Challenge and Choose your Incentive! See staff for further details.

"Don't Limit Your Challenges, Challenge Your Limits" – Jerry Dunn

Our Nursing Students Radjah and Jenna will offer the following this month:

Thursdays at 10:30am: November 17th Presentation on Men's Mental Health.

Friday November 4th - Health Presentation @ 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.

Nursing students last day at the Club is November 18th Join us for a Thank you to Jenna and Radjah at 11:30am

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

Tuesday join us for **Ice Cream treats** at 2:45pm.

Tuesday November 22 – Pool Tournament with prizes! Sign up required.

Wednesday Walks at 10:00am: Sign up required. Maximum 4 people. The club will drive members to the park, or you are welcome to meet us there.

Wednesday Documentaries: from 1:30pm to 3:00pm

Wednesday Community Kitchen: from 2:00pm to 4:00pm on Nov 2, Nov 16, Nov 23, Nov 30 - sign up one session per month. Maximum 4 members for each cooking session.

Thursday November 10th Memorial at 11:00 am.

Thursdays: Pet Therapy with Margie and Taffy at 9:15am. November 10th and November 24th.

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

Bingo is on Monday and Friday afternoons from 1:30 to 4:00pm.

Members Club will be closed for Remembrance Day STAT holiday on November 11th.

Members Club will be closed at 1:30pm Wednesday November 9th for staff meetings.

VIRTUAL GROUPS:

Our **Peer Support Zoom** is offered on Thursdays from 2:00 to 3:00pm.

"Writing for Your Life" is a peer led 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.

Please note that 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!