

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 are served Monday to Friday from 12pm-12:45pm

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-12pm: Games & Pool 1:30pm: Documentary 1:30pm: Bowling 2-4pm: Community Kitchen-sign up	2 9-12pm: Visits & Games 10:30 Wellness 1:30pm: Movie 2-3pm: Zoom Peer Support	3 9-12pm: Visits & Games 10:30 Health Presentation 1:30pm: Bingo & Pool
6 9-12pm: Crafts & Pool 1:30pm: Bingo & Pool	7 9-12pm: Visits & Games 3:00 Hot Chocolate or Ice Cream	8 9-12pm: Games & Pool 1:00pm: Club is closed for the afternoon – staff meeting	9 9-12pm: Visits & Games 10:30 Wellness 1:30pm: Movie 1:30pm Twyla's Yoga	10 9-12pm: Visits & Games 10:30 Health Presentation 1:30pm: Bingo & Pool
13 9-12pm: Crafts & Pool 1:30pm: Bingo & Pool	14 9-12pm: Visits & Games 3:00 Hot Chocolate or Ice Cream	15 9-12pm: Games & Pool 1:30pm: Documentary 1:30pm: Bowling 2-4pm: Community Kitchen-sign up	16 9-12pm: Visits & Games 10:30 Wellness 1:30 Happy St. Patrick's Day! Tea with entertainment 1:30pm: Movie	17 9-12pm: Visits & Games 10:30 Nursing Students last day Thank you! 1:30pm: Bingo & Pool
20 9-12pm: Crafts & Pool 1:30pm: Bingo & Pool	21 9-12pm: Visits & Games 1:30 Pool Tournament 3:00 Hot Chocolate or Ice Cream	22 9-12pm: Games & Pool 1:30pm: Documentary 2:30 Birthday Party! 2-4pm: Community Kitchen-sign up	23 9-12pm: Visits & Games 1:30pm: Movie	24 9-12pm: Visits & Games 1:30pm: Bingo & Pool
27 9-12pm: Crafts & Pool 1:30pm: Bingo & Pool	28 Members Club is closed for the Day! -For the off-site Youth Summit: Uniting Young Minds	29 9-12pm: Games & Pool 1:30pm: Documentary 2-4pm: Community Kitchen-sign up	30 9-12pm: Visits & Games 1:30pm: Movie	31 9-12pm: Visits & Games 1:30pm: Bingo & Pool

WHAT'S GOING ON in March at the Member's Club

Our hours are 9:00am to 4:00pm Monday to Friday.

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.

St. Patrick's Day Tea: In Club March 16th at 1:30pm – Hosted by the Inner Wheel Eastview Group entertainment by Brian Skylar Band

Members Club will be closed at 1:00 pm Wednesday March 8th for our monthly staff meeting.

Members Club will be closed all day on Tuesday March 28th for the CMHA Regina Youth Summit: Uniting Young Minds event. This off-site event is being put on by our agency's Community Engagement area. We encourage members to join us throughout the month of March for our "Message to Your Younger Self" activity. Members will have the opportunity to write down three things they would have liked to tell their younger selves, and these messages will then be passed on to the youth attending the summit.

Our Nursing Students Mackenzie and Mitchell will offer the following this month:

Thursdays at 10:30am: Wellness Activities Last day March 17th / leaving party @ 10:30am.

Fridays Health Presentations @ 10:30am -Please share your suggestions on health topic

& 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 9:00 to 12:00am.

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

New - Wednesday Bowling: we will leave the club at 1:30 back by 3:30 or you can meet us there if you notify us ahead of time. See sign-up sheet in club.

Wednesday Community Kitchen: from 2:00pm to 4:00pm Mar 1, 15, 22 and 29th sign up one session per month. Maximum 4 members for each cooking session.

Wednesday March 9th Join Twyla for an hour of Chair Yoga at 1:30pm – sign up required

Thursday Movies: at 1:30

Bingo is on Monday and Friday afternoons from 1:30 to 3:00pm.

Pool Tournament: March 21st at 1:30pm. Please sign-up in advance

March's Birthday Party is March 22nd at 2:30pm.

Our Exercise Equipment will be available soon. Masks will be required and a buddy system in place for safety. See schedule for times available will be posted in club area.

VIRTUAL GROUPS:

"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 12:30 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!