

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

Open from 9:00am to 4:00pm Monday to Friday

Sit down lunches are served Monday to Friday from 12pm-12:45pm

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9-12pm Games/ Pool & Visits</p> <p>9-11am Crafts</p> <p>1:30pm-Bingo</p> <p>3:00 Pool</p>	<p>2 MENTAL PANCAKE BREAKFAST 11:30-12:30</p> <p>9-12pm Games/Pool</p> <p>Welcoming the Nursing Students</p> <p>1:30pm- Karaoke</p> <p>3:00pm - Ice Cream</p>	<p>3 HEALTH</p> <p>9-12pm Games/Pool & Visits</p> <p>1:30pm-Documentary</p> <p>1:30pm-Bowling</p>	<p>4 WEEK</p> <p>9-12pm Games/Pool & Visits</p> <p>11:30-12:30pm: HOT DOG BBQ Open to the Public</p> <p>1:30pm- Movie /Pool</p> <p>1:30 – PHOTO WALK</p>	<p>5</p> <p>9-12pm Games/Pool & Visits</p> <p>10:30am -Indigenous Teaching</p> <p>1:30pm-Bingo</p> <p>3:00 Pool</p>
<p>8</p> <p>9-12pm Games/ Pool & Visits</p> <p>9-11am Crafts by Kris</p> <p>1:30pm- Bingo</p> <p>3:00 Pool</p>	<p>9</p> <p>9-12pm Games/ Pool & Visits</p> <p>11am Wellness</p> <p>11:45 Cinema Outing Sign up</p> <p>3:00pm- Ice Cream</p>	<p>10</p> <p>9-12pm Games/ Pool & Visits</p> <p>10am - Walk to the Farmers Market</p> <p>11:15am Health Presentation</p> <p>1:45 pm: Club is closed for the afternoon – staff meeting</p>	<p>11</p> <p>9-12pm Games/ Pool & Visits</p> <p>10-12:30pm -Health Clinic</p> <p>1:30pm- Movie</p> <p>1:30 – PHOTO WALK</p> <p>2-4pm-Community Kitchen-sign up</p>	<p>12</p> <p>9-12pm Games/ Pool & Visits</p> <p>1:30pm-Bingo</p> <p>3:00 Pool</p>
<p>15</p> <p>9-12pm Games/ Pool & Visits</p> <p>9-11am Crafts with Cheryl</p> <p>1:30pm-Bingo</p> <p>3:00 Pool</p>	<p>16</p> <p>9-12pm Games/ Pool & Visits</p> <p>11-am Wellness</p> <p>10am Crib Tournament</p> <p>1:30pm - Karaoke</p> <p>3:00pm - Ice Cream</p>	<p>17</p> <p>9-12pm Games/ Pool & Visits</p> <p>10am - Walk to the Farmers Market</p> <p>Lunch by RPS/CE</p> <p>1:30pm Documentory or Health Presentation</p>	<p>18</p> <p>9-12pm Games/ Pool & Visits</p> <p>10-12:30pm -Health Clinic</p> <p>1:30pm-Movie /Pool</p> <p>1:30pm- Twyla’s Meditation / Yoga</p>	<p>19</p> <p>9-12pm Games/ Pool & Visits</p> <p>10:30am -Indigenous Teaching</p> <p>1:30pm-Bingo</p> <p>3:00 Pool</p>
<p>22</p> <p>CLUB CLOSED FOR VICTORIA DAY HOLIDAY</p>	<p>23</p> <p>9-12pm Games/ Pool & Visits</p> <p>11am Wellness</p> <p>12:30 -1:30 Talk with the ED</p> <p>1:30 Pool Tournament</p> <p>3:00pm - Ice Cream</p>	<p>24</p> <p>9-12 Games/Pool/Visits</p> <p>10am - Walk to the Farmers Market</p> <p>10:30am Health Presentation</p> <p>1:30pm-Documentary</p> <p>1:30pm- Bowling</p> <p>2-4pm - Community Kitchen</p>	<p>25</p> <p>9-12pm Games/ Pool & Visits</p> <p>10-12:30pm -Health Clinic</p> <p>10:30- PHOTO WALK</p> <p>1:30pm - Pool</p> <p>2:30pm Birthday Party</p>	<p>26</p> <p>9-12pm Games/ Pool & Visits</p> <p>1:30pm-Bingo</p> <p>3:00 Pool</p>
<p>29</p> <p>9-12pm Games/ Pool & Visits</p> <p>9-11am Crafts</p> <p>1:30pm- Bingo</p> <p>3:00 Pool</p>	<p>30</p> <p>9-12pm Games/ Pool & Visits</p> <p>11am Wellness</p> <p>3:00pm - Ice Cream</p>	<p>31</p> <p>9-12pm Games/ Pool & Visits</p> <p>10am - Walk to the Farmers Market</p> <p>10:30am Health Presentation</p> <p>2-4 Community Kitchen</p>	<p>CMHA NATIONAL Mental Health Week Runs from May 1st to the 7th. Please check the Display in the club for more information.</p>	

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

"Welcome to Spring April Showers brings May Flowers."

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.

Members Club will be CLOSED all day on Monday May 22nd for Victoria Day Stat holiday, and May 10th it will be closed @1:45pm for a staff meeting.

* We are thrilled to have **Melanie Fisher** join us for 2 months on a **Work Placement** from Sk Polytechnic

* Please welcome the **Nursing Students Emileigh and Shelbe** who will be here **May 2 to June 14th**. They will offer "**Wellness Activities**" on Tuesday at 10:30, "**Health Presentations**" on Wednesday at 10:30. On Thursdays they will run a "**mini health clinic**" 10-12:30, where they can meet 1-1 with you to check Blood Pressure or Blood Glucose or weight checks.

Crafts: Monday 9:00 to 11:00am. On May 8th we will be having **one of our members, Kris will lead us in a Fun Exciting new craft idea & May 15 Cheryl will Demo tie-dye.**

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

Wednesday's Community Kitchen: from 2:00pm to 4:00pm May sign up one session per month. Maximum 4 members for each cooking session.

Thursday Movies: at 1:30

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

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. **May 3rd and May 24th** See the sign-up sheet in the club.

TV ROOM is now open.

New - Elder Calvin Pelletier will offer Indigenous Teachings on Friday **May 5th at 10:30** on the Four Directions of the Medicine Wheel, and **May 19th at 10:30** on Tobacco Ties.

New – Tuesday May 2nd and May 16th Karaoke open to everyone.

New – Starting on Wednesday May 10th we will be walking to the Local Farmers Market. Sign-up sheets will be in the club.

New – On Thursday May 4th, 11th, and 25th we will be going on an adventurous Photo Walk. More information will be on the sign-up sheets located in the club. *"Join and let your inner photographer come out."*

New- Movie Outing we will be going to the Landmark Movie Cinema for a Matinee on **May 9th** Sign up sheet will be in the club. Leaving here at 11:45.

May 17th we will be having the RPS (Regina City Police Community Engagement Team) serve us lunch.

May 23rd – Conversation with the ED (Executive Director) Leroy; bring your questions and any suggestions.

Crib Tournament: May 16th at 1:30pm. Please sign-up in advance *

Pool Tournament: May 23rd at 1:30pm. Please sign-up in advance *

**Please be mindful if you have signed up before to allow other members to have a chance as well, if you played in the previous and there were members who didn't get a chance, they will get priority for the next one. Thank you for your understanding.*

May's Birthday Party is on Thursday May 25th at 2:30pm.

Our Exercise Equipment will be available soon. A buddy system in place for safety. See schedule for times available will be posted in club area. **COMMUNITY EVENTS BOARD:** Check out information posted in the Club on what's free and fun around town. Thank you so much for your continued support and patience as we transition to our slow, steady, and cautious reopening! Remember to also keep your suggestions coming in our **suggestion box!**