

Open from 9:00am to 4:00pm Monday to Friday
 Sit down lunches are served Monday to Friday from 12pm-12:45pm

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	Please join us for Games, Pool, & Visits as these are offered daily 9-4pm		Please welcome Nursing students who will be with us on Thursdays & Fridays.	1 10:00am Twyla Yoga 10:30am- Indigenous Teaching with Mel Smudge Kits Group1 1:30pm- Bingo
4 CLUB IS CLOSED DUE TO STAT HOLIDAY	5 9:30am-Walk/stretch 10:30am – Horseshoes 3:00pm - Ice Cream	6 10am Farmers Market 10:30am Smudge Kits Group 2 1:00 Indoor Swimming 1:30-Documentary 1:30 Self-Esteem Building Session	7 10:00- 12:00 Health Clinic 1-1 1:00 Health Presentation 1:30pm- Movie 2:00 pm-Karaoke	8 9:30 Wellness Group 10:30am- Indigenous Teaching with Mel Medicine Pouches 1:30pm- Bingo 2:30PM- Lip-sync Battle Royale
11 9-11am – Crafts 8:30-3:00 Trip to “Treaty 4 Gathering” 1:30pm- Bingo	12 9:30am-Walk/stretch 1:30 Photo Walk 2:15 Community Kitchen 3:00pm - Ice Cream	13 10:00am –Farmers Market 12:30 Indoor Swim 1:30-Documentary CLUB CLOSED 2:45	14 10:00- 12:00 Health Clinic 1-1 10:30am – WFYL 1:00 Health Presentation 1:30pm- Movie 2:00 pm-Karaoke	15 9:30 Wellness Group 10:30am- Indigenous Teaching with Mel Drums 1:30pm- Bingo
18 9-11am – Crafts 1:30pm- Bingo 3:00pm - Ice Cream	19 9:30am-Walk/stretch 1:00pm- Photo Walk 1:30 Movie and Popcorn	20 10:00am – Farmers Market 1:30-Documentary	21 10:00- 12:00 Health Clinic 1-1 12:30: Meeting with ED 1:00 Health Presentation 1:30pm- Movie 2:00 pm-Karaoke	22 9:30 Wellness Group 10:30am- Indigenous Teaching with Mel Tobacco Ties 1:30pm- Bingo 2:30pm Equinox Festivities
25 9-11am – Crafts 9:30 Wagon Ride @ Gordons First Nation 1:30pm- Bingo	26 9:30am-Walk/stretch 1:00 pm-Photo Walk 3:00pm - Ice Cream	27 10:00 Wascana Trails-(Hike & Picnic) 10:00am – Farmers Market 1:30-Documentary 2:15 -Community Kitchen	28 10:00- 12:00 Health Clinic 1-1 10:30am – WFYL 1:00 Health Presentation 1:30pm- Movie 2:30 September Birthday Party	29 National Day for Truth & Reconciliation 9:30 Stretch & Walking 10:30am- Indigenous Teaching with Mel 1:30pm- Bingo 2:30- Lip-sync Battle Royale

WHAT'S GOING ON in September 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.

-Members Club will be closed all day on Monday September 4th for the STAT HOLIDAY. And on September 13th the Club will be closed at 2:45 for a staff meeting. October 2nd the Agency will be close in honor of the National Day for Truth and Reconciliation.

-TRC Community Events for September 30th will be posted at the Club, and we encourage you to wear orange shirts this day and all week if you can.

- Please welcome the **Nursing Students Dianna and Rebecca** who will be here August 31st to November 17th. On Thursdays they will offer a “**mini health clinic**” 10-12:00, where they can meet 1-1 with you to check Blood Pressure or Blood Glucose or weight checks. **Thursdays at 1:00 are ‘Health Presentations’**, so you can suggest topics of interest. **On Fridays at 9:30 you can join them for “Wellness Activities”**.

Crafts are on Monday's from 9:00 to 11:00am. There are some members on some of the Mondays throughout the month who enjoy leading us in crafts. **Thank-you for the help and creativity.**

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

Community Kitchen: from 2:15 you may sign up one session per month. Maximum 4 members for each cooking session. Tuesday September 12th & Wednesday 27th.

Thursday Movies: at 1:30 will be playing at the club in the TV room.

Karaoke: Thursday afternoons

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

New – Self Esteem Building Session with Stacey September 6th @1:30

New - Day Trips: Sign up required – September 11th, September 25th, & 27th. These are trips to Treaty 4 Gathering in Fort Qu'Appelle, Gordons Frist Nation for Wagon Ride, and to the Wascana Trails area. It will run from 9:30- 3:30pm

New – Indoor pool on September 6th, and September 13th

New -Indigenous Teaching by Mel every Friday.

New -Stretching and Walking on Tuesday mornings.

New – Equinox Festivities to celebrate the change of seasons and to give thanks.

New – On Wednesdays in September we will continue our walk and adventures to the Farmers market as an outing. Sign-up sheets will be in the club.

New –Photo Walks and photography insights will continue. Sign-up sheets are in the club.

New – WFYL - “Writing for Your Life” group is once again meeting in person and are welcoming new participants. On September 14th and 28th. The group will meet downstairs.

New – We will be having another scheduled talk with the ED on September 21st, 2023.

New -Lip-sync Battle Royal Friday September 8 and September 29 2:30pm

September's Birthday Party will be celebrated on Thursday September 28th, 2023

***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.**

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!