

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.

## May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p><b>May 6-12<sup>th</sup> is Mental Health Week! This year's theme is "A Call to Be Kind: Because compassion connects us all"</b></p> </div>		<p><b>1</b>  <b>10am:</b> Adaptable dance workout  <b>10:30am:</b> Collaborative Scrapbooking</p> <p><b>1:30pm:</b> Lawson Group  <b>1:30pm:</b> Documentary  <b>2:15pm:</b> Community Kitchen</p>	<p><b>2</b>  <b>9:30am:</b> Loom/Crocheting Group with Chantal  <b>10am:</b> Stretching/Walk</p> <p><b>1:30pm:</b> Movie  <b>2:00pm:</b> Karaoke</p>	<p><b>3</b>  <b>9:30am – 1:30pm:</b> Red Dress Day Walk and Lunch at māmawēyatitân Centre  <b>10:30am:</b> Coping with Anxiety Group</p> <p><b>1:30pm:</b> Bingo  <b>2:30pm:</b> Jam Session</p>
<p><b>6</b>  <b>9-11am:</b> Crafts</p> <p><b>1pm:</b> Swimming at Sandra Schmirler  <b>1:30pm:</b> Bingo  <b>2:30pm:</b> Pet Therapy</p> <p style="text-align: center;">MHW: Kind to Self</p>	<p><b>7</b>  <b>10am:</b> Mindfulness Group  <b>10:30am:</b> Lawson Group</p> <p><b>1pm:</b> Jam Session  <b>1:30pm:</b> Photo Walk  <b>3:00pm:</b> Ice Cream</p> <p style="text-align: center;">MHW: Kind to Self</p>	<p><b>8</b>  <b>11:30am-1pm:</b> Pancake Brunch</p> <p style="text-align: center;"><b>Club closes at 1:30 for staff meeting</b></p> <p style="text-align: center;">MHW: Kind to the People Around Us</p>	<p><b>9</b>  <b>10am:</b> Stretching/Walk  <b>10am:</b> WFYL</p> <p><b>1:30pm:</b> Movie  <b>2:00pm:</b> Karaoke  <b>2:00pm:</b> Baking with Sara</p> <p style="text-align: center;">MHW: Kind to the People Around Us</p>	<p><b>10</b>  <b>10am:</b> RT Games  <b>10:30am:</b> Artist Trading Cards</p> <p><b>1:30pm:</b> Bingo  <b>2:30pm:</b> Just Dance &amp; Snacks!</p> <p style="text-align: center;">MHW: Kind to Everyone in Canada</p>
<p><b>13</b>  <b>9-11am:</b> Crafts</p> <p><b>1:30pm:</b> Bingo  <b>2pm:</b> Trip to Royal Saskatchewan Museum</p>	<p><b>14</b>  <b>10am:</b> Mindfulness Group</p> <p><b>1:30pm:</b> Walk in Wascana Park  <b>1:30pm:</b> Photo Walk: Harvesting Pinhole Cameras  <b>3:00pm:</b> Ice Cream</p>	<p><b>15</b>  <b>10am:</b> Adaptable dance workout  <b>10am:</b> Farmer's Market  <b>10:30am:</b> Yoga with Twyla</p> <p><b>1:30pm:</b> Lawson Group  <b>1:30pm:</b> Documentary  <b>2:15pm:</b> Community Kitchen</p>	<p><b>16</b>  <b>9:30am:</b> Loom/Crocheting Group with Chantal  <b>10am:</b> Stretching/Walk</p> <p><b>1:30pm:</b> Movie  <b>2:00pm:</b> Karaoke</p>	<p><b>17</b>  <b>10:30am:</b> Coping with Anxiety Group</p> <p><b>1:30pm:</b> Bingo  <b>2:00pm:</b> Lawson Group  <b>2:30pm:</b> Jam Session</p>
<p><b>Club Closed for Victoria Day Holiday</b></p>	<p><b>21</b>  <b>10am:</b> Mindfulness Group</p> <p><b>1pm:</b> Jam Session  <b>1:30pm:</b> Trip to Mackenzie Art Gallery  <b>3:00pm:</b> Ice Cream</p>	<p><b>22</b>  <b>10am:</b> Adaptable dance workout  <b>10am:</b> Farmer's Market</p> <p><b>12:45pm:</b> Tea with the Acting ED  <b>1:30pm:</b> Lawson Group  <b>1:30pm:</b> Documentary  <b>2:15pm:</b> Community Kitchen</p>	<p><b>23</b>  <b>10am:</b> Stretching/Walk  <b>10am:</b> WFYL</p> <p><b>1:30pm:</b> Movie  <b>2:00pm:</b> Karaoke  <b>2:00pm:</b> Baking with Sara</p>	<p><b>24</b>  <b>10am:</b> RT Games</p> <p><b>1:30pm:</b> Bingo</p> <p><b>2:30pm:</b> May Birthday Party</p>
<p><b>27</b>  <b>9-11am:</b> Crafts Led by Emily</p> <p><b>1:30pm:</b> Bingo  <b>2:30pm:</b> Visit to the Humane Society</p>	<p><b>28</b>  <b>10am:</b> Managing Your Money Presentation  <b>11am:</b> Mindfulness Group</p> <p><b>3:00pm:</b> Ice Cream</p>	<p><b>29</b>  <b>10am:</b> Farmer's Market  <b>10:30am:</b> Collaborative Scrapbooking  <b>10:30am:</b> Yoga with Twyla</p> <p><b>1:30pm:</b> Lawson Group  <b>1:30pm:</b> Documentary  <b>2:15pm:</b> Community Kitchen</p>	<p><b>30</b>  <b>9:30am:</b> Loom/Crocheting Group with Chantal  <b>10am:</b> Stretching/Walk</p> <p><b>1:30pm:</b> Movie  <b>2:00pm:</b> Karaoke</p>	<p><b>31</b>  <b>10am:</b> Beginner's Acrylic Painting with Joey</p> <p><b>1:30pm:</b> Bingo  <b>2:30pm:</b> Jam Session</p>

## WHAT'S GOING ON IN MAY AT THE MEMBER'S CLUB!!

Member's Club will be closed on Monday, May 20<sup>th</sup>, for the Victoria Day Holiday.

May 6<sup>th</sup> – May 12<sup>th</sup> is Mental Health Week presented by CMHA National. This year's theme is "Healing Through Compassion." Join us on May 8<sup>th</sup> for a Pancake Brunch from 11:30am – 1pm at the club! Please sign up on the sheets located in the club by May 2<sup>nd</sup>!

- **Crafts:** Mondays 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:** Will be at 2:15pm on Wednesday, May 1<sup>st</sup>, May 15<sup>th</sup>, May 22<sup>nd</sup>, and May 29<sup>th</sup>. You may sign up for one session per month. Maximum 4 members for each cooking session.
- **Thursday Movies:** at 1:30 will be playing at the club in the TV room.
- **Karaoke:** on Thursdays at 2pm.
- **Bingo:** is on Monday and Friday afternoons from 1:30 to 3:00pm.
- **Stretching/Walking:** on Thursday mornings at 10am, join us for a walk around the neighbourhood, weather permitting.
- **Photo Walks:** Tuesday, May 7<sup>th</sup> at 1:30pm and May 14<sup>th</sup> at 1:30pm. May 14<sup>th</sup> we be a special photo walk where we "harvest" the pinhole cameras we made in January. More details on the sign-up sheets in club, please join us and enjoy the photography insights.
- **WFYL - "Writing for Your Life":** group on May 9<sup>th</sup> and 23<sup>rd</sup> at 10am. New members welcome!
- **Mindfulness Group:** guided meditations on Tuesdays at 10am.
- **Managing Your Money:** presentation on May 28<sup>th</sup> at 10am. Learn strategies to save money, reduce spending, and invest in savings at this presentation by Chartered Professional Accountants Canada!
- **Tea with the Acting ED:** Come for tea and a conversation with our acting Executive Director, Shannon, on May 22<sup>nd</sup> at 12:45pm.
- **Therapy Dog Visit:** on May 6<sup>th</sup> at 2:30pm. Come see Jigs from St. John's Ambulance's Therapy Dog program!
- **Coping with Anxiety:** group on Fridays, May 3<sup>rd</sup>, and May 17<sup>th</sup>, at 10:30am.
- **Artist Trading Cards:** on May 10<sup>th</sup> at 10:30am. These are miniature pieces of art that are created to be traded!
- **Yoga with Twyla:** May 15<sup>th</sup> and 29<sup>th</sup> at 10:30am!
- **Adaptable Dance Workout:** on Wednesdays May 1<sup>st</sup>, 15<sup>th</sup>, and 22<sup>nd</sup> at 10am! We will be following along to dance routines that can be done standing or sitting!
- **Loom/Crocheting Group with Chantal:** on May 2<sup>nd</sup>, 16<sup>th</sup>, and 30<sup>th</sup> at 9:30am we will have a loom/crocheting group! Beginners to experts are all welcome!
- **Scrapbooking:** on May 1<sup>st</sup> and May 29<sup>th</sup> at 10:30am we will be making a collaborative scrapbook for the club to display! Bring your own pictures if you want and we will have some printed out as well!
- **Lawson Group:** As a group, we will going for various activities including walking on the track, using workout equipment, and swimming! We will be attending on May 1<sup>st</sup>, May 7<sup>th</sup>, May 15<sup>th</sup>, May 17<sup>th</sup>, May 22<sup>nd</sup>, and May 29<sup>th</sup>.
- **Swimming at Sandra Schmirler:** on May 6<sup>th</sup> at 1pm. You can go swimming or check out the library!
- **Community Outings:** We will be going to the Royal Saskatchewan Museum on May 13<sup>th</sup> at 2:00pm, the Mackenzie Art Gallery on May 21<sup>st</sup> at 1:30pm, and The Humane Society on May 27<sup>th</sup> at 2:30pm!
- **RT Games:** on Friday May 10<sup>th</sup> and Friday May 24<sup>th</sup> at 10am. These are Reality Therapy games that incorporate games like Jeopardy to teach us about mental health and wellness!
- **Acrylic Painting for Beginners by Joey.** Join Joey on learning some basics on painting with acrylic on canvas at 10am on May 31<sup>st</sup>!
- **\*\*\*NEW\*\*\*** Re-introducing some gaming to the club, we will be playing some **Just Dance for Wii!** Bust a move and have some snacks May 10<sup>th</sup> at 2:30pm!!
- **\*\*\*NEW\*\*\*** Inviting all musicians! We will be hosting Jam Sessions in the club! Come play some music, learn about production, and recording! **Jam Sessions** are at 2:30pm on May 3<sup>rd</sup>, May 17<sup>th</sup>, and May 31<sup>st</sup>, and at 1:00pm on May 7<sup>th</sup> and May 21<sup>st</sup>.
- **\*\*\*NEW\*\*\* Baking with Sara.** Come learn how to make some baked goods with Sara! A maximum of 4 members for each group.
- **\*\*\*NEW\*\*\* The Farmer's Market has returned to downtown Regina!** We will be going as a group on Wednesdays May 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>!
- **Red Dress Day is May 5th.** It is a day to remember and honor missing and murdered Indigenous women, girls, and 2SLGBTQQA+ peoples. We will be attending the walk and lunch on **May 3rd at the māmawêyatitân centre** to stand with the community. We will be leaving the club at 9:30am and will return by 1:30pm. Please sign up for this activity on the sign-up sheets posted in the club.

**May's birthday party will be celebrated on Friday May 24<sup>th</sup> at 2:30pm!**

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