

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

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.

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>DAILY 9am-4pm Exercise Equipment Available</p> </div>	<p>1 9:30am: Stretching/Walk 10am: Mindfulness Group 1:30pm: Art Attack with Joey 3:00pm: Ice Cream</p>	<p>2 10am: Adaptable dance workout 10:30am: Farmer's Market 1:30pm: Lawson Group 1:30pm: Documentary 2:15pm: Community Kitchen</p>	<p>3 9:30am: Stretching/Walk 10am-11:30am: Disc Golf 1:30pm: Movie 2:00pm: Karaoke</p>	<p>4 9:30am: Stretching/Walk 10:30am: Coping with Anxiety Group 11am: Song request hour 1:30pm: Bingo 2:30pm: Retro Gaming</p>
<p>7 9-11am: Crafts 9:30am: Stretching/Walk 10am: Healthy Boundaries Group 1pm: Art Attack with Joey 1:30pm: Bingo 2:30pm: Pet Therapy</p>	<p>8 9:30am: Stretching/Walk 10am: Mindfulness Group 1:30pm: Walk around Wascana Lake 3:00pm: Ice Cream</p>	<p>9 10am: Adaptable dance workout 12pm: Thanksgiving Dinner Club closes at 1:30 for staff meeting</p>	<p>10 9:30am: Stretching/Walk 10am: WFYL 1:30pm: Movie 2:00pm: Karaoke 2:15pm: Community Kitchen</p>	<p>11 9:30am: Stretching/Walk 10am: Yoga with Twyla 1:30pm: Bingo 2:30pm: Pictionary</p>
<p>14 Club closed for Thanksgiving Monday</p>	<p>15 9:30am: Stretching/Walk 10am: Mindfulness Group 1:30pm: Art Attack with Joey 3:00pm: Ice Cream</p>	<p>16 10am: Adaptable dance workout 10:30am: Artist Trading Cards 12:45pm: Tea with the ED 1:30pm: Lawson Group 1:30pm: Documentary 2:15pm: Community Kitchen</p>	<p>17 9:30am: Stretching/Walk 10am-11:30am: Disc Golf 1:30pm: Photo Walk 1:30pm: Movie 2:00pm: Karaoke</p>	<p>18 9:30am: Stretching/Walk 10am: Halloween Paper Crafts 10:30am: Coping with Anxiety Group 1:30pm: Bingo 2:30pm: Board Games</p>
<p>21 9-11am: Crafts 9:30am: Stretching/Walk 1pm: Art Attack with Joey 1:30pm: Bingo</p>	<p>22 9:30am: Stretching/Walk 10am: Mindfulness Group 1:30pm: Trip to Royal Saskatchewan Museum 3:00pm: Ice Cream</p>	<p>23 10am: Adaptable dance workout 10:30am: Collaborative Scrapbooking 1:30pm: Lawson Group 1:30pm: Documentary 2:15pm: Community Kitchen</p>	<p>24 9:30am: Stretching/Walk 10am: WFYL 1:30pm: Trip to Mackenzie Art Gallery 1:30pm: Movie 2:00pm: Karaoke</p>	<p>25 9:30am: Stretching/Walk 10am: Yoga with Twyla 1:30pm: Bingo 2:30pm: October Birthday Party</p>
<p>28 9-11am: Crafts 9:30am: Stretching/Walk 10:30am: Learning Self-Compassion Group 1:30pm: Bingo 2:30pm: Mario Kart Challenge</p>	<p>29 9:30am: Stretching/Walk 10am: Mindfulness Group 1:30pm: Art Attack with Joey 2:15pm: Community Kitchen 3:00pm: Ice Cream</p>	<p>30 10am: Adaptable dance workout 11am: Song request hour 1:30pm: Lawson Group 1:30pm: Documentary</p>	<p>31 9:30am: Stretching/Walk 1:30pm: Movie 2:00pm: Halloween Dance Party!</p>	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>DAILY 1-4pm Stretching Crafts Games Pool</p>  </div>

WHAT'S GOING ON IN OCTOBER AT THE MEMBER'S CLUB!!

Member's Club closed on October 14th for Thanksgiving Monday and October 9th at 1:30pm for a staff meeting.

- **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:** on October 2nd, 10th, 16, 23rd, and 29th at 2:15pm. 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 3pm.
- **Stretching/Walking:** on Monday, Tuesday, Thursday, and Friday mornings at 9:30am, join us for a walk around the neighbourhood, weather permitting.
- **WFYL - "Writing for Your Life":** group on October 10th and 24th at 10am. New members welcome!
- **Mindfulness Group:** guided meditations on Tuesdays at 10am.
- **Tea with the ED:** Come for tea and a conversation with our Interim Executive Director, Shannon, on October 16th at 12:45pm.
- **Artist Trading Cards:** on October 16th at 10:30am. These are miniature pieces of art that are created to be traded!
- **Therapy Dog Visit:** on October 7th at 2:30pm and tentatively booked for another Monday in October. Come meet Coco from St. John's Ambulance's Therapy Dog program!
- **Adaptable Dance Workout:** on Wednesdays at 10am! We will be following along to dance routines that can be done standing or sitting!
- **Yoga with Twyla:** on October 11th and 25th at 10am.
- **Scrapbooking:** on October 23rd at 10:30am we will be working on the collaborative scrapbook for the club on display! Bring your own pictures if you want and we will have some printed out as well!
- **Lawson Group:** As a group, we will be going for various activities including playing badminton, walking on the track, using workout equipment, and swimming! We will be attending October 16th, 23rd, and 30th at 1:30pm.
- **The Farmer's Market has returned to downtown Regina!** We will be going as a group on October 2nd and 9th at 10:30am.
- **Disc Golf:** on October 3rd and 17th from 10am-11:30am.
- **Community Outings:**
 - o **Walk around Wascana Lake:** on October 8th at 1:30pm.
 - o **Royal Saskatchewan Museum:** on October 22nd at 1:30pm.
 - o **Mackenzie Art Gallery:** on October 24th at 1:30pm.
- **Song Request Hour:** on October 4th at 11am.
- **Healthy Boundaries Group:** on October 21st at 10am. Come learn about setting healthy boundaries with others.
- ****NEW Halloween Paper Crafts:** on October 18th at 10am. We will be making Halloween paper crafts with scissors and glue!
- ****NEW Retro Gaming:** on October 4th at 2:30pm. Join us for some old school 80s/90s gaming!
- ****NEW Art Attack with Joey:** on October 1st, 7th, 15th, 21, and 29th at 1:30pm. Come learn about painting, sketching, and art with Joey!
- ****NEW Learning Self Compassion Group:** on October 28th at 10:30am.
- ****NEW Mario Kart Challenge:** on October 28th at 2:30pm.
- ****NEW Halloween Dance Party:** on October 31st at 2pm. Join us for dancing, snacks, and fun! Costumes are strongly encouraged!
- ****Thanksgiving Dinner:** on October 9th at 12pm. SIGN UP REQUIRED! Sign up sheet will be up at the Club.

October's birthday party will be celebrated on Friday October 25th at 2:30pm!

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