

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 12:40pm only.

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>DAILY 9am-4pm Exercise Equipment Available</p>	<p>DAILY 1-4pm Stretching Crafts Games Pool</p>	<p>1 Club Closed for New Year's Day</p>	<p>2 9:30am: Stretching 10:00am: TED Talk and Discussion 1:30pm: Movie 2:00pm: Karaoke</p>	<p>3 9:30am: Stretching 11:00am: Song request hour 1:30pm: Bingo 2:30pm: Creative Writing Prompts</p>
<p>6 9-11am: Crafts 9:30am: Stretching 10:00am: Book Club with Tammie 1:30pm: Bingo 2:30pm: Pet Therapy 2:30pm: Video Games on Wii</p>	<p>7 9:30am: Stretching 10am: Mindfulness Group 1:30pm: Movie 1:30pm: Artist Trading Cards 3:00pm: Ice Cream</p>	<p>8 10:00am: Adaptable dance workout 10:30am: Collaborative Scrapbooking 1:30pm: Documentary 2:00pm: Trip to Floral Conservatory 2:15pm: Community Kitchen</p>	<p>9 9:30am: Stretching 10:00am: YouTube Hour 10:00am: WFYL 1:30pm: Movie 2:00pm: Karaoke</p>	<p>10 9:30am: Stretching 9:30am: Wellness Group 10:30am: Coping with Anxiety Group 1:30pm: Bingo 2:30pm: Sketching for Beginners</p>
<p>13 9-11am: Crafts 9:30am: Stretching 10:00am: Nail Painting with Makeda 1:30pm: Bingo 2:30pm: Board Games</p>	<p>14 9:30am: Stretching 10:00am: Mindfulness Group Club Closed for Staff Meeting at 12:45pm</p>	<p>15 10:00am: Adaptable dance workout 10am: Bowling 1:30pm: Movie 1:30pm: Trip to Government House 2:15pm: Community Kitchen</p>	<p>16 9:30am: Stretching 10:00am: 1-1 Health Clinic 11:00am: TED Talk and Discussion 1:00pm: Health Presentation 1:30pm: Movie 2:00pm: Karaoke</p>	<p>17 9:30am: Stretching 9:30am: Wellness Group 11:00am: Creative Journalling 1:30pm: Bingo 2:30pm: Pictionary</p>
<p>20 9-11am: Crafts 9:30am: Stretching 10:30am: Learning About Self-Compassion 1:30pm: Bingo 2:30pm: Video Games on Wii</p>	<p>21 9:30am: Stretching 10am: Mindfulness Group 1:30pm: Photography Group 3:00pm: Ice Cream</p>	<p>22 10:00am: Adaptable dance workout 10:30am: Collaborative Scrapbooking 1:30pm: Documentary 1:30pm: Royal Saskatchewan Museum 2:15pm: Community Kitchen</p>	<p>23 9:30am: Stretching 10:00am: Health Presentation 10am: WFYL 11am: YouTube Hour 12:30pm: 1-1 Health Clinic 1:30pm: Movie 2:00pm: Karaoke</p>	<p>24 9:30am: Stretching 9:30am: Wellness Group 10:30am: Coping with Anxiety Group 1:30pm: Bingo 2:30pm: Improv Group – Park Bench</p>
<p>27 9-11am: Crafts 9:30am: Stretching 10:30am: Healthy Boundaries Group 1:30pm: Bingo 2:30pm: Board Games</p>	<p>28 9:30am: Stretching 10:00am: Mindfulness Group 2:00pm: High Tea at the Member's Club 3:00pm: Ice Cream</p>	<p>29 10:00am: Adaptable dance workout 10:00am: Bowling 10:30am: Artist Trading Cards 1:30pm: Documentary 1:30pm: Mackenzie Art Gallery 2:15pm: Community Kitchen</p>	<p>30 9:30am: Stretching 10:00am: 1-1 Health Clinic 11:00am: TED Talk and Discussion 12:30pm: Health Presentation 1:30pm: Movie 2:00pm: Karaoke</p>	<p>31 9:30am: Stretching 9:30am: Wellness Group 10:00am: Creative Journalling 1:30pm: Bingo 2:30pm: January Birthday Party!</p>

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

Member's Club will be closed on Wednesday, January 1st, for New Year's Day.

Join us to welcome our new Nursing Students Ramneek and Eniola on January 9th and will be here Thursdays and Fridays for the next few months! Join them for health-related workshops and 1-1 clinics!

We Welcome our new student named Rileigh here a few times a week doing her Arts Work Experience Internship with the U of R!

- **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 January 8th, 15th, 22nd, and 29th. 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:** on Monday, Tuesday, Thursday, and Friday mornings at 9:30am, join us while we follow along to a stretching video for all fitness levels.
- **WFYL - "Writing for Your Life":** group on January 9th and 23rd at 10am. New members welcome!
- **Mindfulness Group:** guided meditations on Tuesdays at 10am.
- **Artist Trading Cards:** on January 7th at 1:30pm and January 29th at 10:00am. These are miniature pieces of art that are created to be traded!
- **Therapy Dog Visit:** Jigsaw will be here to visit on Monday, January 6th, at 2:30pm.
- **Adaptable Dance Workout:** on Wednesdays at 10am! We will be following along to dance routines that can be done standing or sitting!
- **Bowling:** on January 15th and 29th at 10:00am. Sign up at the club!
- **Wii Gaming:** on January 6th and 20th at 2:30pm. Join us for some old school fun!
- **Scrapbooking:** on January 8th and 22nd 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!
- **Community Outings:**
 - o **Trip to the Floral Conservatory:** January 8th at 2:00pm.
 - o **Trip to Government House:** January 15th at 1:30pm.
 - o **Royal Saskatchewan Museum:** On January 22nd at 1:30pm.
 - o **Mackenzie Art Gallery:** on January 29th at 1:30pm.
- **Song Request Hour:** on January 3rd at 11am.
- **Healthy Boundaries Group:** on January 27th at 10:30am.
- **Coping with Anxiety Group:** on January 10th and 24th at 10:30am. Join us to learn some coping skills that can be used in everyday life.
- **Board Games:** on January 13th and 27th at 2:30pm.
- **Pictionary:** on January 17th at 2:30pm.
- **Creative Journalling:** Learn to journal your way! Join us to learn new and exciting ways to put your thoughts on paper on January 17th and 31st at 10:00am.
- **Learning about Self-Compassion:** on January 20th 10:30am. Join us to learn about self-compassion and how to practice it in your everyday life!
- **TED Talk and Discussion:** Join us to watch a video and learn and discuss what we have learned! Held on Thursday, January 2nd, 16th, and 30th at 10:00am.
- **Nail Painting with Makeda:** Join us to do some creative nail painting! Nail polish will be provided, or you are also welcome to bring your own! This is happening on January 13th at 10:00am!
- **Photography Group:** Come and learn some basics in photography on Tuesday, January 21st at 1:30pm.
- *****NEW – Creative Writing Prompts:** Join us to work on some creative writing skills. Staff will provide some prompts and together we can write some short quips exercising our creativity and writing skills.
- *****NEW – Improv Group – Park Bench:** Join us on January 24th at 2:30pm in a fun improv exercise where we create characters and situations on the spot.
- *****NEW – Book Club with Tammie:** Come to our first Book Club meeting of the year on Monday, January 6th, led by Tammie and Shan! We will be meeting once a month to discuss books and encourage each other to read!
- *****NEW – High Tea at the Club:** Join us for an English traditional High Tea on Tuesday, January 28th, at 2:00pm. Dressing up is optional. Sign up only by January 22nd.
- *****NEW – Sketching for Beginners:** Join us on January 10th at 2:30pm to learn some basic sketching skills!

January's birthday party will be celebrated on Friday January 31st at 2:30pm!