

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.

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9-11am: Crafts 9:30am: Stretching 10:30am: Book Club with Tammie 1:30pm: Bingo 2:30pm: Pet Therapy 2:30pm: Video Games on Wii</p>	<p>4 9:30am: Stretching 10:00am: Mindfulness Group 10:30am: Indigenous Storytelling with Arron 1:15pm: Indigenous Storytelling Month by Sharon Meyer 1:30pm: Movie 2:15pm: Community Kitchen 3:00pm: Ice Cream</p>	<p>5 10:00am: Adaptable dance workout 10:30am: Intro to the Push-Up Challenge Club Closes at 1:45pm for Staff Meeting</p>	<p>6 9:30am: Stretching 10:00am: TED Talk 10:00am: 1-1 Health Clinic 1:00pm: Health Presentation 1:30pm: Movie 1:30pm: Valentine's Card Making 2:00pm: Karaoke</p>	<p>7 9:30am: Stretching 9:30am: Wellness Group 10:30am: Coping with Anxiety Group 1:30pm: Bingo 2:30pm: Creative Writing Prompts</p>
<p>10 9-11am: Crafts 9:30am: Stretching 10:00am: Nail Painting with Makeda 1:30pm: Bingo 2:30pm: Pictionary</p>	<p>11 9:30am: Stretching 10am: Mindfulness Group 10:30am: The Push-Up Challenge demo 11:00am: Indigenous Storytelling with Arron 1:00pm: Sketching with Joey 1:30pm: Pool Tournament 1:30pm: Movie 2:15pm: Community Kitchen 3:00pm: Ice Cream</p>	<p>12 10:00am: Adaptable dance workout 10:00am: Bowling 10:30am: Collaborative Scrapbooking 1:30pm: Documentary 1:30pm: Trip to IMAX theatre and Science Centre</p>	<p>13 9:30am: Stretching 10:00am: Health Presentation 10:00am: WFYL 12:30pm: 1-1 Health Clinic 1:30pm: Paint By Number 1:30pm: Movie 2:00pm: Karaoke</p>	<p>14 9:30am: Stretching 9:30am: Wellness Group 11:00am: Creative Journalling 12:45pm: Bingo 2:30pm: Valentine's Day Dance</p>
<p>17 Club Closed for Stat Holiday</p>	<p>18 9:30am: Stretching 10:00am: Mindfulness Group 10:30am: Indigenous Storytelling with Arron 1:00pm: Talking Stick Presentation with Guest Speaker Cecile McKay 1:30pm: Movie 3:00pm: Ice Cream</p>	<p>19 10:00am: Adaptable dance workout 10am: Bowling 10:30am: Artist Trading Cards 1:30pm: Movie 1:30pm: Trip to the Legislative Building 2:15pm: Community Kitchen</p>	<p>20 9:30am: Stretching 10:30: Social Services Presentation with Guests Speakers 11:00am: TED Talk 1:30pm: Movie 2:00pm: Karaoke</p>	<p>21 9:30am: Stretching 10:00am: How it's Made 1:30pm: Bingo 2:30pm: Sketching for Beginners with Nicola</p>
<p>24 9-11am: Crafts 9:30am: Stretching 10:30am: Healthy Boundaries Group 1:30pm: Bingo 2:30pm: Mario Kart on Wii</p>	<p>25 9:30am: Stretching 10:00am: Mindfulness Group 10:30am: Indigenous Storytelling with Arron 1:30pm: Photography Group 2:15pm: Community Kitchen 3:00pm: Ice Cream</p>	<p>26 10:00am: Adaptable dance workout 10:00am: Bowling 10:30am: Collaborative Scrapbooking 1:30pm: Documentary 1:30pm: Trip to RCMP Heritage Centre 2:15pm: Community Kitchen</p>	<p>27 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>28 9:30am: Stretching 9:30am: Wellness Group 11:00am: Creative Journalling 1:30pm: Bingo 2:30pm: February Birthday Party</p>
			<p>DAILY 1-4pm Stretching Crafts Games Pool</p>	<p>DAILY 9am-4pm Exercise Equipment Available</p>

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

Member's Club will be closed on Monday, February 17th, for the Stat Holiday.

February is Indigenous Storytelling Month! Join us on Tuesday Mornings with our member Arron to learn more!

Please note that there will be no Health Presentation, 1 – 1 Clinic, or Wellness Group February 20th and 21st.

- **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 February 4th, 11th, 19th, and 25th. 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 at 1:30pm.
- **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 February 13th and 27th at 10am. New members welcome!
- **Mindfulness Group:** guided meditations on Tuesdays at 10am.
- **Artist Trading Cards:** on February 19th at 10:30am. These are miniature pieces of art that are created to be traded!
- **Therapy Dog Visit:** Jigsaw will be here to visit on Monday, February 3rd, 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 February 12th and 26th at 10:00am. Sign up at the club!
- **Wii Gaming:** on February 3rd and 24th at 2:30pm. Join us for some old school fun!
- **Scrapbooking:** on February 12th and 26th 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 IMAX and Science Centre:** February 12th at 1:30pm.
 - o **Trip to the Legislative Building:** February 19th at 1:30pm. Please note you will need valid government issued photo ID to come on this outing.
 - o **Trip to RCMP Heritage Centre:** February 26th at 1:30pm.
- **Healthy Boundaries Group:** on February 24th at 10:30am.
- **Coping with Anxiety Group:** on February 7th at 10:30am. Join us to learn some coping skills that can be used in everyday life.
- **Pictionary:** on February 10th at 2:30pm.
- **Creative Journaling:** Learn to journal your way! Join us to learn new and exciting ways to put your thoughts on paper on February 14th and 28th at 10:00am.
- **TED Talks:** Join us to watch a video and learn! Held on Thursday, February 6th and 20th at 11:00am.
- **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 February 10th at 10:00am!
- **Photography Group:** Come and learn some basics in photography on Tuesday, February 25th at 1:30pm.
- **Creative Writing Prompts:** Join us on February 7th at 2:30pm to work on some creative writing skills.
- **Book Club with Tammie:** Come to our first Book Club meeting of the year on Monday, February 3rd at 10:30am, led by Tammie and Shan! We will be meeting once a month to discuss books and encourage each other to read!
- **Sketching for Beginners:** Join us on February 21st at 2:30pm to learn some basic sketching skills!
- *****NEW – The Push-Up Challenge:** From February 11-28th join us for the Push-Up Challenge! Learn more about it on February 5th at 10:30am or February 11th at 10:30am.
- *****NEW – Indigenous Storytelling with Arron:** Join us on Tuesday mornings at 11:00am with our member, Arron, to participate in the Indigenous custom of sharing stories and learning Indigenous history.
- *****NEW - Indigenous Storytelling Month by Sharon Meyer over Zoom:** A proud Treaty 6 member of Beardy's and Okemasis Cree First Nation, Sharon is a seasoned educator with over 32 years of experience. As a storyteller and knowledge keeper, she will share her wisdom and stories deeply rooted in Indigenous culture.
- *****NEW – Valentine's Card Making:** Join us on February 6th at 1:30pm to create some personalized Valentine's Day Cards.
- *****NEW – Sketching with Joey:** Join our member, Joey, as he teaches us how to do some pencil sketching!
- *****NEW – Paint by Number:** Join us for an afternoon craft on February 13th at 1:30pm!
- *****NEW – Pool Tournament:** The long-awaited pool tournament will be on February 11th at 1:30pm.
- *****NEW - Talking Stick Presentation with Guest Speaker Cecile McKay:** We will have a special presentation by Cecile McKay on February 18th at 1:00pm to talk about this new resource.
- *****NEW – How it's Made:** Watch some videos with us on February 21st at 10:00am about how things are made and produced!
- *****NEW – Social Services Presentation:** Join us for an information session on Income Assistance (SIS and SAID) on February 20th at 10:30am.

February's birthday party will be celebrated on Friday February 28th at 2:30pm!