

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.

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9-11am: Crafts 9:30am: Stretching 10:30am: Learning About Self-Compassion</p> <p>1:30pm: Bingo 2:30pm: Video Games on Wii</p>	<p>4 9:30am: Stretching 10:00am: Mindfulness Group 10:00am: Pet Therapy 10:30am: How it's Made</p> <p>1:30pm: Movie 2:15pm: Community Kitchen 3:00pm: Ice Cream</p>	<p>5 10:00am: Adaptable Dance Workout 10:00am: Diamond Painting Coasters</p> <p>1:30pm: Documentary 1:30pm: Trip to the Floral Conservatory</p>	<p>6 9:30am: Stretching 10:00am: TED Talk 10:00am: 1-1 Health Clinic</p> <p>1:00pm: Health Presentation 1:30pm: Movie 2:00pm: Karaoke</p>	<p>7 9:30am: Stretching 9:30am: Wellness Group 10:30am: Coping with Anxiety Group</p> <p>1:30pm: Bingo 2:30pm: Creative Writing Prompts</p>
<p>10 9-11am: Crafts 9:30am: Stretching 10:00am: Nail Painting with Makeda 11:00am: Busting Date Labelling Myths over Zoom</p> <p>1:30pm: Bingo 2:30pm: Pictionary</p>	<p>11 9:30am: Stretching 10am: Mindfulness Group 10:30am: How it's Made</p> <p>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</p> <p>12:30pm: Tea with the ED</p> <p>Club Closes at 1:45pm for Staff Meeting</p>	<p>13 9:30am: Stretching 10:00am: Health Presentation 10:00am: WFYL</p> <p>12:30pm: 1-1 Health Clinic 1:00pm: Lorna's Retirement Farewell 1:30pm: Movie 1:30pm: Sketching with Joey 2:00pm: Karaoke</p>	<p>14 9:30am: Stretching 9:30am: Wellness Group 11:00am: Creative Journalling</p> <p>1:30pm: Bingo 2:30pm: Improv – Park Bench</p>
<p>17 9-11am: Crafts 9:30am: Stretching 10:30am: Book Club with Tammie</p> <p>1:30pm: St. Patrick's Day Tea with Entertainment</p>	<p>18 9:30am: Stretching 10:00am: Mindfulness Group 10:30am: How it's Made</p> <p>1:30pm: Movie 1:30pm: Paint by Number 3:00pm: Ice Cream</p>	<p>19 10:00am: Adaptable dance workout 10:30am: Artist Trading Cards</p> <p>1:00pm: IMAX and Science Center 1:30pm: Documentary</p>	<p>20 9:30am: Stretching 10:00am: TED Talk 10:00am: 1-1 Health Clinic</p> <p>1:00pm: Health Presentation 1:30pm: Movie 2:00pm: Karaoke</p>	<p>21 9:30am: Stretching 9:30am: Wellness Group 10:30am: Coping with Anxiety Group 11:00am: Leaving Party for Nursing Students</p> <p>1:30pm: Bingo 2:30pm: Sketching for Beginners with Nicola</p>
<p>24 9-11am: Crafts 9:30am: Stretching 10:30am: Healthy Boundaries Group</p> <p>1:30pm: Bingo 2:30pm: Video Games on Wii</p>	<p>25 9:30am: Stretching 10:00am: Mindfulness Group 10:30am: How it's Made</p> <p>1:30pm: Movie 1:30pm: Photography Group 3:00pm: Ice Cream</p>	<p>26 10:00am: Adaptable dance workout 10:00am: Bowling 10:30am: Collaborative Scrapbooking</p> <p>1:30pm: Trip to the Legislative Building 1:30pm: Documentary</p>	<p>27 9:30am: Stretching 10am: WFYL 11am: YouTube Hour</p> <p>1:30pm: Acrylic Painting with Joey 1:30pm: Movie 2:00pm: Karaoke</p>	<p>28 9:30am: Stretching 11:00am: Creative Journalling</p> <p>1:30pm: Bingo</p> <p>2:30pm: March Birthday Party</p>
<p>31 9-11am: Crafts 9:30am: Stretching</p> <p>1:30pm: Bingo 2:30pm: Pipe Cleaner Flower Craft</p>			<p>DAILY 1-4pm Stretching Crafts Games Pool</p>	<p>DAILY 9am-4pm Exercise Equipment Available</p>

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

Join us on March 13th at 1:00pm to say Farewell to our Staff Member, Lorna! May she enjoy her retirement!!
Nursing Students' Leaving Party will be on March 21st at 11:00am.

- **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 March 4th, 11th. 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. **Please note that there will be no Bingo on Monday, March 17th due to the special event.**
- **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 March 13th and 27th at 10am. New members welcome!
- **Mindfulness Group:** guided meditations on Tuesdays at 10am.
- **Artist Trading Cards:** on March 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 Tuesday, March 4th, at 10:00am.
- **Adaptable Dance Workout:** on Wednesdays at 10am! We will be following along to dance routines that can be done standing or sitting!
- **Bowling:** on March 12th and 26th at 10:00am. Sign up at the club!
- **Wii Gaming:** on March 3rd and 24th at 2:30pm. Join us for some old school fun!
- **Scrapbooking:** on March 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 Floral Conservatory:** on March 5th at 1:30pm.
 - o **IMAX and Science Centre:** on March 19th at 1:00pm.
 - o **Trip to the Legislative Building:** on March 26th at 1:30pm. ***Please note that a valid government issued photo ID is required for this outing.***
- **Healthy Boundaries Group:** on March 24th at 10:30am.
- **Coping with Anxiety Group:** on March 7th and 21st at 10:30am. Join us to learn some coping skills that can be used in everyday life.
- **Learning about Self-Compassion group:** Join us on March 3rd at 10:30am for some information on how to practice kindness and compassion towards ourselves.
- **Pictionary:** on March 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 March 14th and 28th at 11:00am.
- **TED Talks:** Join us to watch a video and learn! Held on Thursday, March 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 March 10th at 10:00am!
- **Photography Group:** Come and learn some basics in photography on Tuesday, March 25th at 1:30pm.
- **Creative Writing Prompts:** Join us on March 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, March 17th 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 March 21st at 2:30pm to learn some basic sketching skills with Nicola!
- **Sketching with Joey:** Join our member, Joey, on March 13th at 1:30pm as he teaches us how to do some pencil sketching!
- **Paint by Number:** Join us for an afternoon craft on March 18th at 1:30pm! Sign up at club.
- **How it's Made:** Watch some videos with us on Tuesdays at 10:30am about how things are made and produced!
- **Tea with the ED:** Join us for tea and talk with our Interim Executive Director on March 12th at 12:30pm about what matters to you in the club!
- *****NEW: Acrylic Painting with Joey:** Learn some basics with acrylic painting with our member Joey on March 27th at 1:30pm.
- *****NEW: Diamond Painting Coasters:** Join us for some Diamond Art Painting on March 5th at 10:00am. Sign up in Club.
- *****NEW: Busting Date Labelling Myths over Zoom:** Join us on March 10th at 11:00am to learn more about food waste and best before dates. This will be presented over zoom in the member's club.
- *****NEW: Pipe Cleaner Flower Craft:** Join us in making some springtime flower crafts on March 31st at 2:30pm! Sign up in club.

Join us on March 17th at 1:30pm to celebrate St. Patrick's Day with some snacks and live entertainment!
March's birthday party will be celebrated on Friday March 28th at 2:30pm!