

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.

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 9:30am: Stretching 10:00am: Mindfulness Group 10:00am: Pet Therapy 10:30am: How it's Made</p> <p>1:30pm: Movie 1:30pm: Lawson Group 3:00pm: Ice Cream</p>	<p>2 10:00am: Adaptable Dance Workout 10:00am: Diamond Painting Coasters</p> <p>1:30pm: Documentary 1:30pm: Trip to Sports Hall of Fame</p>	<p>3 9:30am: Stretching 10:00am: TED Talk</p> <p>1:30pm: Movie 2:00pm: Karaoke</p>	<p>4 9:30am: Stretching 10:30am: Coping with Anxiety Group</p> <p>1:30pm: Bingo 2:30pm: Paint By Number</p>
<p>7 9-11am: Crafts 9:30am: Stretching 10:00am: Nail Painting with Makeda</p> <p>1:30pm: Bingo 1:30pm: Sketching with Joey 2:30pm: Pictionary</p>	<p>8 9:30am: Stretching 10am: Mindfulness Group 10:30am: How it's Made</p> <p>1:30pm: Movie 1:30pm: Lawson Group 3:00pm: Ice Cream</p>	<p>9 10:00am: Adaptable Dance Workout 10:00am: Bowling 10:30am: Collaborative Scrapbooking 11:30am: Riley's Leaving Party</p> <p>Club Closes at 1:00pm for Staff Meeting</p>	<p>10 9:30am: Stretching 10:00am: TED Talk 10:00am: Bird House Craft</p> <p>1:30pm: Movie 3:00pm: King Charles III Coronation Medal Ceremony *Last Day to sign up for Easter Meal*</p>	<p>11 9am – Noon: CRA Outreach Support Clinic 9:30am: Stretching 11:00am: Creative Journalling</p> <p>1:30pm: Bingo 1:30pm: WFYL 2:30pm: Pictionary</p>
<p>14 9-11am: Crafts 9:30am: Stretching/Walk 10:30am: Book Club with Tammie</p> <p>1:30pm: Bingo 1:30pm: Acrylic Painting with Joey 2:30pm: Video Games on Wii</p>	<p>15 9:30am: Stretching/Walk 10:00am: Mindfulness Group 10:00am: Pet Therapy 10:30am: How it's Made 11:00am: Nutrition Presentation</p> <p>1:30pm: Movie 1:30pm: Lawson Group 3:00pm: Ice Cream</p>	<p>16 10:00am: Adaptable dance workout 10:30am: Artist Trading Cards</p> <p>12:00pm: Easter Lunch</p> <p>1:30pm: Documentary 2:00pm: Paint by Number</p>	<p>17 9:30am: Stretching/Walk 10:00am: TED Talk 10:30am: Plants and Propagation</p> <p>1:30pm: Movie 2:00pm: Karaoke</p>	<p>18</p> <p>Club Closed for Stat Holiday</p>
<p>21 9-11am: Crafts 9:30am: Stretching/Walk 11:15am: Talking Stick Presentation with Cecile McKay</p> <p>1:30pm: Bingo 2:30pm: Sketching for Beginners with Nicola</p>	<p>22 9:30am: Stretching/Walk 10:00am: Mindfulness Group 10:30am: How it's Made</p> <p>1:30pm: Movie 1:30pm: Lawson Group 3:00pm: Ice Cream</p>	<p>23 10:00am: Adaptable dance workout 10:00am: Bowling 10:30am: Collaborative Scrapbooking</p> <p>1:30pm: Trip to Government House 1:30pm: Documentary</p>	<p>24 9:30am: Stretching/Walk 10:00am: TED Talk 10:00am: Crib Tournament 11am: YouTube Hour</p> <p>1:30pm: Movie 2:00pm: Karaoke</p>	<p>25 9:30am: Stretching/Walk 10:00am: Movie and Popcorn 11:00am: Creative Journalling</p> <p>1:30pm: Bingo 1:30pm: WFYL</p> <p>2:30pm: April Birthday Party</p>
<p>28 9-11am: Crafts 9:30am: Stretching 10:30am: Building Self-Esteem</p> <p>1:30pm: Bingo 2:30pm: Wooden Magnet Craft</p>	<p>29 9:30am: Stretching/Walk 10:00am: Mindfulness Group 10:30am: How it's Made</p> <p>1:30pm: Movie 1:30pm: Lawson Group 3:00pm: Ice Cream</p>	<p>30 10:00am: Adaptable dance workout 10:00am: Walk around Wascana Park 10:30am: Artist Trading Cards</p> <p>1:30pm: Trip to the Mackenzie Art Gallery 1:30pm: Documentary</p>	<p>DAILY 1-4pm Stretching Crafts Games Pool</p>	<p>DAILY 9am-4pm Exercise Equipment Available</p>

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

Our Easter Meal will be on April 16th at Noon. Sign up at Club by April 10th. No Guests Please.
CMHA Regina Member's Club will be closed on April 18th for the Stat Holiday.

- **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
- **Movies:** Tuesdays and Thursdays at 1:30pm. Playing in the TV room at the club.
- **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. Once it has warmed up enough this month, we will also be going for a walk around the block.
- **WFYL - "Writing for Your Life":** Group is on Friday, April 11th and 25th at 1:30pm. **New members welcome!**
- **Mindfulness Group:** guided meditations on Tuesdays at 10am.
- **Artist Trading Cards:** on April 16th and 30th 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, April 1st and 15th 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 April 9th and 23rd at 10:00am. Sign up at the club!
- **Wii Gaming:** on April 14th at 2:30pm. Join us for some old school fun!
- **Scrapbooking:** on April 9th and 23rd at 10:30am we will be working on the collaborative scrapbook for the club that is on display! Bring your own pictures if you want and we will have some printed out as well!
- **Community Outings:**
 - o **Trip to the Sports Hall of Fame:** on April 2nd at 1:30pm.
 - o **Trip to Government House:** on April 23rd at 1:30pm.
 - o **Walk Around Wascana Park:** on April 30th at 10:00am. Wear good walking shoes!
 - o **Trip to the MacKenzie Art Gallery:** on April 30th at 1:30pm.
- **Coping with Anxiety Group:** on April 4th at 10:30am. Join us to learn some coping skills that can be used in everyday life.
- **Pictionary:** on April 7th and 11th 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 April 11th and 25th at 11:00am.
- **TED Talks:** Join us to watch a video and learn! Held on Thursdays 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 April 7th at 10:00am!
- **Book Club with Tammie:** Come to our Book Club meeting on Monday, April 14th 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 April 21st at 2:30pm to learn some basic sketching skills with Nicola!
- **Sketching with Joey:** Join our member, Joey, on April 7th at 1:30pm as he teaches us how to do some pencil sketching!
- **Paint by Number:** Join us for an afternoon craft on April 4th at 2:30pm and April 16th at 2:00pm! 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!
- **Acrylic Painting with Joey:** Learn some basics with acrylic painting with our member Joey on April 14th at 1:30pm.
- **Diamond Painting Coasters:** Join us for some Diamond Art Painting on April 2nd at 10:00am. Sign up in Club.
- **Riley's Leaving Party:** Join us in saying farewell to our student, Riley, on April 9th at 11:00am.
- *****NEW: Lawson Group:** We will be returning to the Lawson for fun and fitness on Tuesdays at 1:30pm.
- *****NEW: Plants and Propagation:** Join us on April 17th at 10:30am to learn about houseplants and how to propagate your own plants.
- *****NEW: Bird House Craft:** Join us on April 10th at 10:00am to paint a spring craft for our feathered friends.
- *****NEW: CRA Outreach Support Clinic:** CRA will have a representative here to answer questions and print off Notice of Assessments from 9:00am to Noon on April 11th.
- *****NEW: Talking Stick Presentation with Cecile McKay:** We will have a Zoom presentation by Cecile McKay on April 21st at 11:15am to talk about this new resource.
- *****NEW: Crib Tournament:** on April 24th at 10:00am. Please note that if you played in the last tournament, we ask that you allow others to sign up.
- *****NEW: Movie and Popcorn:** Join us on April 25th at 10:00am for a movie and popcorn in the club.
- *****NEW: Building Self-Esteem:** Join us on April 28th at 10:30am to learn more about how to build our Self-Esteem.
- *****Special Event: King Charles III Coronation Medal Ceremony:** Join us for a special award presentation and ceremony on April 10th at 3:00pm.

Peter Rabbit is hanging around and hiding eggs daily throughout April! Find an egg and get a spring treat! One egg per member, but Peter Rabbit encourages teamwork! Help each other out!

**Please help welcome our new student, Larissa, who will be joining us on April 28th.
April's birthday party will be celebrated on Friday April 25th at 2:30pm!**