

**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.

**May 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p><b>DAILY</b> 9am-4pm Exercise Equipment Available</p> </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p><b>DAILY</b> 1-4pm Stretching Crafts Games Pool</p> </div>		<p><b>1</b> 9:30am: Stretching/Walk 10:30am: TED Talk</p> <p>1:30pm: Movie 2:00pm: Karaoke</p>	<p><b>2</b> 9:30am: Stretching/Walk 10:00am: Diamond Paint Coasters</p> <p>1:30pm: Bingo 2:30pm: Paint by Number</p>
<p><b>5</b> 9-11am: Crafts 9:30am: Stretching/Walk 11:30am – 2:00pm: Red Dress Day Outing</p> <p>1:30pm: Bingo 2:30pm: Video Games on Wii *Mental Health Week Begins*</p>	<p><b>6</b> 9:30am: Stretching/Walk 10am: Mindfulness Group 10:30am: How it's Made 11:15am: Indigenous Insights 12:45: Tea with the ED</p> <p>1:30pm: Movie 1:30pm: Lawson Group 3:00pm: Ice Cream</p>	<p><b>7</b> 10:00am: Adaptable dance workout 11:30am – 1:00pm: Pancake Brunch</p> <p>1:30pm: Documentary 1:30pm: Diamond Paint Coasters</p>	<p><b>8</b> 9:30am: Stretching/Walk 10:00am: WFYL 10:30am: TED Talk</p> <p>12 – 1:30pm: 1 – 1 Health Clinic 1:30pm: Movie 2:00pm: Karaoke</p>	<p><b>9</b> 9:30am: Stretching/Walk 9:30am: Wellness Group 10:30am: SMART Recovery Goals 11:00am: Creative Journalling</p> <p>1:30pm: Bingo 2:30pm: Sketching for Beginners</p>
<p><b>May 5<sup>th</sup> to 11<sup>th</sup> is Mental Health Week: Unmasking Mental Health</b></p>				
<p><b>12</b> 9-11am: Crafts 9:30am: Stretching/Walk 10:30am: SMART Recovery Goals</p> <p>1:30pm: Bingo 1:30: Sketching with Joey 2:30pm: Wooden Magnet Craft</p>	<p><b>13</b> 9:30am: Stretching/Walk 10am: Mindfulness Group 11am: Nutrition Presentation</p> <p>1:00pm: Indigenous Insights 1:30pm: Movie 1:30pm: Lawson Group 3:00pm: Ice Cream</p>	<p><b>14</b> 10:00am: Adaptable dance workout 10:00am: Farmer's Market 11:00am: Wellness Activity</p> <p>1:00pm: Disk Golf 1:30pm: Movie 1:30pm: Bannock Making 2:00pm: Karaoke</p>	<p><b>15</b> 9:30am: Stretching/Walk 10 – 12:30pm: 1 – 1 Health Clinic 10:30am: TED Talk</p> <p style="color: red;"><b>Club Closes at 1:00pm for Staff Meeting</b></p>	<p><b>16</b> 9:30am: Stretching/Walk 10:00am: Healthy Boundaries 10:30am: Coping with Anxiety Group</p> <p>1:30pm: Bingo 2:30pm: Pictionary</p>
<p style="color: red; text-align: center;"><b>Club CLOSED for Stat Holiday</b></p>	<p><b>20</b> 9:30am: Stretching/Walk 10am: Mindfulness Group 11am: Health Presentation</p> <p>1:00pm: Indigenous Insights on New Zealand 1:30pm: Movie 1:30pm: Lawson Group 3:00pm: Ice Cream</p>	<p><b>21</b> 10:00am: Adaptable dance workout 10:00am: Farmer's Market 10:30am: Collaborative Scrapbooking 11:00am: Wellness Activity</p> <p>1:30pm: Documentary 1:30pm: Community Kitchen 1:30pm: Walk around A.E. Wilson Park</p>	<p><b>22</b> 9:30am: Stretching/Walk 10:00am: WFYL 10:30am: TED Talk</p> <p>12 – 1:30pm: 1 – 1 Health Clinic 1:30pm: Movie 2:00pm: Karaoke</p>	<p><b>23</b> 9:30am: Stretching/Walk 11:00am: Creative Journalling 11:30am: Lorissa's Leaving Party</p> <p>1:30pm: Bingo 2:30pm: Improv Group – Park Bench</p>
<p><b>26</b> 9-11am: Crafts 9:30am: Stretching/Walk 10:00am: YouTube Hour</p> <p>1:30pm: Bingo 1:30pm: Acrylic Painting with Joey 2:30pm: Board Games</p>	<p><b>27</b> 9:30am: Stretching/Walk 10am: Mindfulness Group 10:30am: How it's Made 11am: Health Presentation</p> <p>1:30pm: Movie 1:30pm: Lawson Group 3:00pm: Ice Cream</p>	<p><b>28</b> 10:00am: Adaptable dance workout 10:00am: Farmer's Market 10:30am: Artist Trading Cards 11:00am: Wellness Activity</p> <p>1:30pm: Documentary 1:30pm: Community Kitchen</p>	<p><b>29</b> 9:30am: Stretching/Walk 10 – 12:30pm: 1 – 1 Health Clinic 10:30am: TED Talk</p> <p>1:30pm: Movie 1:30pm: Photography Group 2:00pm: Karaoke</p>	<p><b>30</b> 9:30am: Stretching/Walk 10:00am: YouTube Hour 10:30am: Coping with Anxiety Group</p> <p>1:30pm: Bingo 2:30pm: <b>May Birthday Party!</b></p>

## WHAT'S GOING ON IN MAY AT THE MEMBER'S CLUB!!

**May 5<sup>th</sup> is Red Dress Day, a day of awareness of the Missing and Murdered Indigenous Women and Girls.**

**May 5<sup>th</sup> to May 11<sup>th</sup> is Mental Health Week! Join us for fun activities and learn about coming out from behind the mask some of us wear to protect ourselves from the stigma of having challenges with our mental health. We will be having a Pancake Brunch on Wednesday, May 7<sup>th</sup> from 11:30am – 1:00pm to celebrate Mental Health Week!**

**Join us to welcome our new Nursing Students Anna, Jemima, and Dalton on May 6<sup>th</sup> and will be here Tuesdays, Wednesdays, and Thursdays until June 18<sup>th</sup>! Join them for health-related workshops and 1-1 clinics!**

**Member's Club will be closed on Monday 19<sup>th</sup> 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.**
- **Community Kitchen:** on May 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>. You may sign up for one session per month. Maximum 4 members for each cooking session.
- **Movies:** Tuesdays and Thursdays at 1:30 will be playing at the club in the TV room.
- **Karaoke:** on Thursdays at 2pm and on Wednesday, May 14<sup>th</sup> at 2pm.
- **Bingo:** is on Monday and Friday afternoons from 1:30 to 3pm.
- **Stretching/Walk:** on Monday, Tuesday, Thursday, and Friday mornings at 9:30am, join us while we follow along to a stretching video for all fitness levels and join us for a walk around the block after.
- **WFYL - "Writing for Your Life":** group on May 8<sup>th</sup> and 22<sup>nd</sup> at 10:00am. New members welcome!
- **Mindfulness Group:** guided meditations on Tuesdays at 10am.
- **Artist Trading Cards:** on May 28<sup>th</sup> at 10:30am. These are miniature pieces of art that are created to be traded!
- **Paint by Number:** on May 2<sup>nd</sup> at 2:30pm.
- **Diamond Paint Coasters:** Join us for this calming craft on May 2<sup>nd</sup> at 10:00am and May 7<sup>th</sup> at 1:30pm.
- **Adaptable Dance Workout:** on Wednesdays at 10am! We will be following along to dance routines that can be done standing or sitting!
- **Wii Gaming:** on May 5<sup>th</sup> at 2:30pm. Join us for some old school fun!
- **Scrapbooking:** on May 21<sup>st</sup> 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 **Red Dress Day Outing:** May 5<sup>th</sup> at 11:30 we will be going to All Nations Hope to join in on the remembrance activities.
  - o **Disk Golf:** Join us for a round of disk golf in Douglas Park on May 14<sup>th</sup> at 1:00pm.
  - o **Walk around A.E. Wilson Park:** on May 21<sup>st</sup> at 1:30pm.
- **Coping with Anxiety Group:** on May 9<sup>th</sup> and 23<sup>rd</sup> at 10:30am. Join us to learn some coping skills that can be used in everyday life.
- **Board Games:** on May 12<sup>th</sup> and 26<sup>th</sup> at 2:30pm.
- **Pictionary:** on May 16<sup>th</sup> 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 May 9<sup>th</sup> and 23<sup>rd</sup> 11:00am.
- **Sketching for Beginners:** Join Nicola on May 9<sup>th</sup> at 2:30pm to learn some basic sketching skills!
- **Healthy Boundaries Group:** on May 16<sup>th</sup> at 10:00am.
- **Improv Group – Park Bench:** Join us on May 23<sup>rd</sup> to learn some basic improv skills and have fun doing it!
- **TED Talk:** Join us to watch a video and learn and learn more about an array of subjects! Held on Thursdays at 10:30am.
- **Nutrition Presentation:** Join us for a presentation and question period about nutrition and how to eat healthy on a budget with Willpower Fitness educator Caitlin, on May 13<sup>th</sup> at 11:00am.
- **Lawson Group:** on Tuesdays at 1:30pm we will go as a group to the Lawson and members can swim, walk the track, or work out!
- **Sketching with Joey:** learn how to do some pencil sketching with our member, Joey, on May 12<sup>th</sup> at 1:30pm.
- **Acrylic painting with Joey:** learn some acrylic painting basics with our member, Joey, on May 26<sup>th</sup> at 1:30pm.
- **Photography Group:** Join Shan in learning some basics in photography and photographic processes on May 29<sup>th</sup> at 1:30pm.
- **Wooden Magnet Craft:** Make your own magnet on May 12<sup>th</sup> at 2:30pm.
- **YouTube Hour:** on May 26<sup>th</sup> and 30<sup>th</sup> at 10:00am, make some video requests!
- **\*\*\*NEW - Farmer's Market:** We are returning to the Farmer's Market again this year to support local and get some tasty snacks! Join us on Wednesday mornings for a walk down to the market at 10:00am beginning May 14<sup>th</sup>.
- **\*\*\*NEW – SMART Recovery Goals:** Join Makeda and our student, Lorissa, in a group to learn more about SMART recovery and goal setting utilizing core values. These groups will take place on May 9<sup>th</sup> and 12<sup>th</sup> at 10:30am.
- **\*\*\*NEW – Indigenous Insights:** Join our student, Lorissa, to learn more about Indigenous ways of being on May 6<sup>th</sup> at 11:15am, May 13<sup>th</sup> at 1:00pm, and May 20<sup>th</sup> at 1:00pm.
- **\*\*\*NEW – Bannock Making:** May 14<sup>th</sup> at 1:30pm, we will be making Bannock with our student, Lorissa.

**May's birthday party will be celebrated on Friday May 30<sup>th</sup> at 2:30pm!**