

# 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 12:50pm only.

## October 2026

| Monday                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <b>DAILY 9am-4pm</b><br/> <b>Exercise</b><br/> <b>Equipment</b><br/> <b>Available</b> </div>                                                                                                             | <div> <b>DAILY 1-4pm</b><br/> <b>Stretching,</b><br/> <b>Crafts, Games</b><br/> <b>Pool</b> </div>                                                                                                                                                                      |                                                                                                                                                                                                                                                                               | <b>1</b><br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> Great Canadian Baking Show<br><b>11:00am:</b> CFL Highlights<br><br><b>1:30pm:</b> Movie<br><b>1:30pm:</b> Health Teaching<br><b>2:00pm:</b> Karaoke                                                                   | <b>2</b><br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> Sisters in Spirit Walk for Healing<br><b>10:00am-12pm:</b> 1-1 Health Clinic<br><br><b>1:30pm:</b> Bingo<br><b>2:30pm:</b> Wellness Group |
| <b>5</b><br><b>9-11am:</b> Crafts<br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> CBC Videos<br><br><b>1:30pm:</b> Bingo<br><b>2:30pm:</b> Pictionary                                                     | <b>6</b><br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> Mindfulness Group<br><b>10:30am:</b> How It's Made<br><b>11:00am:</b> Zainab's Farewell Party<br><br><b>1:30pm:</b> Lawson Group<br><b>2:00pm:</b> Movie & Popcorn<br><b>3:00pm:</b> Ice Cream            | <b>7</b><br><b>9:30am:</b> Adaptable dance workout<br><b>10:00am:</b> Wellness Group<br><b>10:00am:</b> Mr. Bean<br><br><b>12:00pm:</b> Thanksgiving Meal<br><br><b>1:30pm:</b> Movie<br><b>2:00pm:</b> Perler Bead Keychains                                                 | <b>8</b><br><b>9:30am:</b> Stretching/Walk<br><b>10:00am-11:30am:</b> 1-1 Health Clinic<br><b>10:00am:</b> Great Canadian Baking Show<br><b>11:30am:</b> Nursing Students Farewell Party<br><br><b>2:00pm:</b> Karaoke<br><b>2:00pm:</b> Nail Painting                               | <b>9</b><br><b>9:30am:</b> Stretching<br><b>10:00am:</b> Diamond Art Mandala<br><br><b>1:15pm:</b> Bingo<br><b>2:30pm:</b> WFYL                                                                         |
| <b>12</b><br><br><b>Club Closed for Thanksgiving Holiday</b>                                                                                                                                                   | <b>13</b><br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> Mindfulness Group<br><b>10:30am:</b> How It's Made<br><br><b>12:30pm:</b> Tea with the ED<br><b>1:30pm:</b> Lawson Group<br><b>3:00pm:</b> Ice Cream                                                     | <b>14</b><br><b>9:45am:</b> Adaptable dance workout<br><b>10:00am:</b> Trip to Floral Conservatory<br><b>10:30am:</b> Collaborative Scrapbooking<br><br><b>Club Closed at 1:30pm for Staff Meeting</b>                                                                        | <b>15</b><br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> Great Canadian Baking Show<br><b>10:30am:</b> RPS Q&A<br><b>11:00am:</b> CFL Highlights<br><br><b>1:30pm:</b> Movie<br><b>1:30pm:</b> Trip to Lincoln Gardens<br><b>2:00pm:</b> Karaoke<br><b>2:00pm:</b> SMART Goals | <b>16</b><br><b>9:30am:</b> Stretching/Walk<br><b>9:45am:</b> Self Esteem Workshop<br><b>10:30am:</b> Coping with Anxiety Group<br><br><b>1:30pm:</b> Bingo<br><b>2:30pm:</b> Creative Journaling       |
| <b>19</b><br><b>9-11am:</b> Crafts<br><b>9:30am:</b> Stretching<br><b>10:00am:</b> CBC Videos<br><br><b>1:30pm:</b> Bingo<br><b>2:30pm:</b> Bracelet Making                                                    | <b>20</b><br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> Mindfulness Group<br><b>10:00am:</b> HOPE Learning Centre Presentation<br><b>10:30am:</b> How It's Made<br><br><b>1:30pm:</b> Lawson Group<br><b>2:00pm:</b> Movie & Popcorn<br><b>3:00pm:</b> Ice Cream | <b>21</b><br><b>9:45am:</b> Adaptable dance workout<br><b>10:00am:</b> Coffee Group<br><b>10:30am:</b> Diamond Art Coasters<br><br><b>1:30pm:</b> Documentary<br><b>1:30pm:</b> RCMP Museum<br><b>2:30pm:</b> Beading                                                         | <b>22</b><br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> Great Canadian Baking Show<br><b>11:00am:</b> CFL Highlights<br><br><b>1:30pm:</b> Movie<br><b>2:00pm:</b> Nail Painting<br><b>2:00pm:</b> Karaoke<br><b>2:30pm:</b> Boardgames                                       | <b>23</b><br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> Diamond Art Mandala<br><br><b>1:15pm:</b> Bingo<br><b>2:30pm:</b> WFYL                                                                   |
| <b>26</b><br><b>9-11am:</b> Crafts<br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> Pet therapy<br><b>10:30am:</b> Book Club with Tammie<br><br><b>1:30pm:</b> Bingo<br><b>2:30pm:</b> Vision Board Making | <b>27</b><br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> Mindfulness Group<br><b>10:00am:</b> Crib Tournament<br><b>10:30am:</b> How It's Made<br><br><b>1:30pm:</b> Lawson Group<br><b>2:00pm:</b> Stress Ball Making<br><b>3:00pm:</b> Ice Cream                | <b>28</b><br><b>9:45am:</b> Adaptable dance workout<br><b>10:00am:</b> Bowling<br><b>10:00am-12pm:</b> 1-1 Health Clinic<br><b>10:30am:</b> Artist Trading Cards<br><br><b>1:30pm:</b> Documentary<br><b>1:30pm:</b> Mackenzie Art Gallery<br><b>2:00pm:</b> Community Baking | <b>29</b><br><b>9:30am:</b> Stretching/Walk<br><b>10:00am:</b> Resume Workshop<br><b>10:00am:</b> Great Canadian Baking Show<br><b>11:00am:</b> Health Teaching<br><b>1:30pm:</b> Movie<br><b>2:00pm:</b> Karaoke<br><b>Halloween Party!</b>                                         | <b>30</b><br><b>9:30am:</b> Stretching/Walk<br><b>9:45am:</b> Healthy Boundaries<br><b>10:30am:</b> Coping with Anxiety Group<br><br><b>1:15pm:</b> Bingo<br><b>2:30pm:</b> October Birthday Party!     |

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

Our Thanksgiving Meal will be on Wednesday, October 7<sup>th</sup> at 12:00pm. Sign up in club before October 3<sup>rd</sup>. No guests please.

Club will be closed on Monday October 12<sup>th</sup> for Thanksgiving Holiday.

Club will close at 1:30pm on October 14<sup>th</sup> at 1:30pm

Please welcome the new Nursing students Omotola, Han, and Jeveline who start on October 21<sup>st</sup>.

CMHA Member's Club Halloween Party will be at 2:00pm on October 29<sup>th</sup>. Costumes are optional but encouraged!

- **Crafts:** Mondays from 9:00 to 11:00am.
- **Wednesday Documentaries:** from 1:30pm to 3:00pm
- **Community Baking:** On October 28<sup>th</sup> at 2:00pm join us to learn some baking skills and make a snack!
- **Thursday Movies:** at 1:30pm will be playing at the club in the TV room.
- **Movie and Popcorn:** on October 6<sup>th</sup> and 20<sup>th</sup> at 1:30pm. Join us in the main area of the club as we watch a movie and have some snacks.
- **Karaoke:** Come sing your favourite songs on Thursdays at 2pm.
- **Bingo:** is on Monday and Friday afternoons from 1:30pm to 3pm. **Please note that Bingo on October 9<sup>th</sup> and 23<sup>rd</sup> will start at 1:15pm.**
- **Stretching:** on Monday, Tuesday, Thursday, and Friday mornings at 9:30am, join us while we follow stretching video for all fitness levels.
- **Ice Cream:** on Tuesdays at 3:00pm.
- **Vision Board Making:** on Monday October 26<sup>th</sup> at 2:30pm.
- **Pet Therapy:** Come and meet Bruno the dog on October 26<sup>th</sup> at 10:00am.
- **Great Canadian Baking Show:** Playing on Thursdays at 10:00am.
- **Diamond Art Coasters:** Join us for some Diamond Art Painting on October 21<sup>st</sup> at 10:30am.
- **Diamond Art Mandala:** on Friday October 9<sup>th</sup> and 23<sup>rd</sup>. at 10:00am.
- **Lawson Group:** on Tuesdays at 1:30pm. Please bring your own towel and swimsuit.
- **Tea with the ED:** Meet the new ED on October 13<sup>th</sup> at 12:30pm.
- **WFYL - "Writing for Your Life":** group on October 9<sup>th</sup> and 23<sup>rd</sup> at 2:30pm. New members welcome!
- **Mindfulness Group:** guided meditations on Tuesdays at 10:00am.
- **Artist Trading Cards:** on October 28<sup>th</sup> at 10:30am. These are miniature pieces of art that are created to be traded!
- **Adaptable Dance Workout:** on Wednesdays at 9:45am! We will be following along to dance routines that can be done standing or sitting!
- **Collaborative Scrapbooking:** on October 14<sup>th</sup> at 10:30am we will be working on the collaborative scrapbook for the club on display!
- **Community Outings:**
  - o **Sisters in Spirit Walk for Healing:** a walk from the mamawayatitan centre to the RCMP heritage centre to honour the lives of missing and murdered Indigenous women and girls. A bus will be available for those wanting to join but unable to walk the distance. Transportation provided back to mamawayatitan centre where lunch will be provided. On October 2<sup>nd</sup> from 10am-1pm.
  - o **Floral Conservatory:** on October 14<sup>th</sup> at 10:00am.
  - o **Trip to Lincoln Gardens:** on October 15<sup>th</sup> at 1:30pm
  - o **Coffee Group:** on October 21<sup>st</sup> at 10:00am.
  - o **RCMP Museum:** on October 21<sup>st</sup> at 1:30pm.
  - o **Mackenzie Art Gallery:** on October 28<sup>th</sup> at 1:30pm.
- **Healthy Boundaries Group:** on October 30<sup>th</sup> at 9:45am.
- **Coping with Anxiety Group:** on October 16<sup>th</sup> and 30<sup>th</sup> at 10:30am. Join us to learn some coping skills that can be used in everyday life.
- **Self Esteem Workshop:** on September 16<sup>th</sup> at 9:45am.
- **Board Games:** on October 22<sup>nd</sup> at 2:30pm.
- **Pictionary:** on October 5<sup>th</sup> at 2:30pm.
- **CFL Highlights:** Playing on Thursdays at 11:00am.
- **Bracelet Making:** Make some fun bracelets with us on October 19<sup>th</sup> at 2:00pm.
- **Nail Painting with Makeda:** Join us to do some creative nail painting! On October 8<sup>th</sup> and 22<sup>nd</sup> at 2:00pm!
- **Perler Bead Keychains:** Come and get creative with this craft on October 7<sup>th</sup> at 2:00pm.
- **Creative Journaling:** Learn to journal your way! Join us to learn new and exciting ways to put your thoughts on paper on October 16<sup>th</sup> at 2:30pm.
- **Stress Ball Making:** Come and join us for this fun activity on Tuesday October 27<sup>th</sup> at 2:00pm.
- **Beading:** on October 21<sup>st</sup> at 2:30pm.
- **SMART Recovery Goals:** Join Makeda in a group to learn more about SMART recovery and goal setting utilizing core values on October 15<sup>th</sup> at 2:00pm.
- **Book Club with Tammie:** on Monday, October 26<sup>th</sup> at 10:30am led by Tammie! We will be meeting once a month to discuss books and encourage each other to read!
- **RPS Q&A:** Come and meet the Regina Police Services for a question-and-answer session on October 15<sup>th</sup> at 10:30am.
- **\*\*\*NEW: Farewell Party for Zainab:** Join us in saying farewell to Zainab on October 6<sup>th</sup> at 11:00am.
- **\*\*\*NEW: Farewell Party for Nursing Students:** Join us in saying farewell to the nursing students Sophia, Teagan and Aynsley on Oct. 8<sup>th</sup> at 10:00am.
- **\*\*\*NEW: HOPE Learning Centre Presentation:** on October 20<sup>th</sup> at 10:00am.
- **\*\*\*NEW: Crib Tournament:** Join us on October 27<sup>th</sup> at 10:00am for a crib tournament.
- **\*\*\*NEW: Bowling:** We are returning to the Glencairn Bolodrome! Join us on October 28<sup>th</sup> at 10:00am. Sign up in club.
- **\*\*\*NEW: Nursing Student Activities: 1 – 1 Health Clinic:** Join our Nursing students for a 1 – 1 health check in on October 2<sup>nd</sup>, 8<sup>th</sup> and 28<sup>th</sup> from 10:00am to 12:00pm. **Wellness Group:** Join our Nursing students for wellness activity on Thursday October 2<sup>nd</sup> and 7<sup>th</sup> at 1:30pm. **Health Teaching:** on October 1<sup>st</sup> and 29<sup>th</sup>.

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