**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.

# November 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>**9-11am:** Crafts<br>**9:30am:** Stretching<br>**10:00am:** CBC Videos<br><br>**1:30pm:** Bingo<br>**2:30pm:** Crokinole<br>**Movember Contest Starts!** | **3**<br>**9:30am:** Stretching<br>**10:00am:** Mindfulness Group<br>**10:30am:** How It's Made<br><br>**1:30pm:** Lawson Group<br>**2:00pm:** Movie & Popcorn<br>**3:00pm:** Ice Cream | **4**<br>**9:45am:** Adaptable dance workout<br>**10:00am:** Tie Dye Activity<br>**11:00am:** Health Teaching<br><br>**1:30pm:** Documentary<br>**2:00pm:** WRAP Group<br>**2:30pm:** Cree Language | **5**<br>**9:30am:** Stretching<br>**10:00am:** Great Canadian Baking Show<br>**10:00am-12pm:** 1-1 Health Clinic<br>**10:30am:** LOOK Presentation<br><br>**1:30pm:** Movie<br>**1:30pm:** Wellness Group<br>**2:00pm:** Nail Painting<br>**2:00pm:** Karaoke | **6**<br>**9:30am:** Stretching<br>**10:00am:** Diamond Art Mandala<br><br>**1:30pm:** Bingo<br>**2:30pm:** Zentangle |
| **9**<br>**9-11am:** Crafts<br>**9:30am:** Stretching<br>**10:00am:** CBC Videos<br>**10:30am:** APSS Presentation<br><br>**1:30pm:** Bingo<br>**2:30pm:** Board Games | **10**<br>**9:30am:** Stretching<br>**10:00am:** Mindfulness Group<br>**10:30am:** How It's Made<br><br>**1:30pm:** Lawson Group<br>**2:00pm:** Painting for Beginners<br>**3:00pm:** Ice Cream | **11**<br><br>**Club Closed for Remembrance Day** | **12**<br>**9:30am:** Stretching<br>**10:00am:** Great Canadian Baking Show<br>**10:00am-12pm:** 1-1 Health Clinic<br>**11:00am:** NHL Highlights<br><br>**1:30pm:** Movie<br>**1:30pm:** Wellness Group<br>**2:00pm:** SMART Goals<br>**2:00pm:** Karaoke | **13**<br>**9:30am:** Stretching<br>**10:30am:** Coping with Anxiety<br>**10:30am:** Artist Trading Cards<br><br>**1:15pm:** Bingo<br>**2:30pm:** WFYL<br>**3:00pm:** ASL Lesson |
| **16**<br>**9-11am:** Crafts<br>**9:30am:** Stretching<br>**10:00am:** CBC Videos<br>**10:30am:** Men's Mental Health Presentation<br><br>**1:30pm:** Bingo<br>**2:30pm:** Pictionary | **17**<br>**9:30am:** Stretching<br>**10:00am:** Mindfulness Group<br>**10:30am:** Members Memorial<br><br>**12:30pm:** Tea with the BD<br>**1:30pm:** Trip to Sandra Schmirler<br>**2:00pm:** Movie & Popcorn<br>**3:00pm:** Ice Cream | **18**<br>**9:45am:** Adaptable dance workout<br>**10:00am:** Bowling<br>**10:30am:** Diamond Art Coasters<br>**11:00am:** Health Teaching<br><br>**Club Closed at 1:30pm for Staff Meeting** | **19**<br>**9:30am:** Stretching<br>**10:00am:** Great Canadian Baking Show<br>**10:00am-12pm:** 1-1 Health Clinic<br>**10:30am:** RPS Fraud Presentation<br><br>**1:30pm:** Movie<br>**1:30pm:** Wellness Group<br>**2:00pm:** Nail Painting<br>**2:00pm:** Karaoke | **20**<br>**9:30am:** Stretching<br>**10:00am:** Diamond Art Mandala<br><br>**1:30pm:** Bingo<br>**2:30pm:** Scrapbooking |
| **23**<br>**9-11am:** Crafts<br>**9:30am:** Stretching<br>**10:00am:** Mr. Bean<br>**10:00am:** Photovoice<br><br>**1:30pm:** Bingo<br>**2:30pm:** Friendship Bracelet Making | **24**<br>**9:30am:** Stretching<br>**10:00am:** Mindfulness Group<br>**10:00am:** Pool Tournament<br>**10:30am:** How It's Made<br><br>**1:30pm:** Lawson Group<br>**2:00pm:** Personal Wellbeing Group<br>**3:00pm:** Ice Cream | **25**<br>**9:45am:** Adaptable dance workout<br>**10:00am:** Men' Group<br>**11:00am**: Health Teaching<br><br>**1:30pm:** Documentary<br>**1:30pm:** Floral Conservatory<br>**2:00pm:** Beading<br>**2:30pm:** Kindness Jars | **26**<br>**9:30am:** Stretching<br>**10:00am:** Great Canadian Baking Show<br>**10:00am-12pm:** 1-1 Health Clinic<br>**10:00am:** Pet Therapy<br>**11:00am:** NHL Highlights<br><br>**1:30pm:** Movie<br>**1:30pm:** Wellness Group<br>**2:00pm:** Bannock Baking<br>**2:00pm:** Karaoke | **27**<br>**9:30am:** Stretching<br>**9:45am:** Gratitude Group<br>**10:30am:** Coping with Anxiety<br><br>**1:15pm:** Bingo<br>**2:30pm:** WFYL<br>**2:30pm: November Birthday Party!** |
| **30**<br>**9-11am:** Crafts<br>**9:30am:** Stretching<br>**10:00am:** CBC Videos<br>**10:00am:** Movember Pageant<br>**10:30am:** Book Club with Tammie<br><br>**1:30pm:** Bingo<br>**2:30pm:** Crazy Eights | | | | |

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

**November is Men's Health Month. Let's learn how to have conversations around Men's Mental Health on the 16th and 25th.**
**Member's Club will be closed on Wednesday, November 11th, for Remembrance Day.**
**Member's Memorial will be on November 17th at 10:30am.**
**Please welcome our new Practicum Student, Lailane, who starts on November 2nd.**

- **Crafts:** Mondays from 9:00 to 11:00am.
- **Wednesday Documentaries:** from 1:30pm to 3:00pm
- **Thursday Movies:** at 1:30 will be playing at the club in the TV room.
- **Karaoke:** on Thursdays at 2:00pm.
- **Bingo:** is on Monday and Friday afternoons at 1:30pm. **Please note that Bingo will start at 1:15pm on November 13th and 27th.**
- **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 November 13th at 27th at 2:30pm. New member's welcome!
- **Mindfulness Group:** guided meditations on Tuesdays at 10am.
- **Artist Trading Cards:** on Friday November 13th at 10:30am. These are miniature pieces of art that are created to be traded!
- **Therapy Dog Visit:** Come see Jigsaw the Therapy Dog on November 26th at 10:00am.
- **Adaptable Dance Workout:** on Wednesdays at 9:45am! We will be following along to dance routines that can be done standing or sitting!
- **Lawson Group:** on Tuesdays at 1:30pm. Walk on the track, enjoy the pool and hot tub, or use the weights and cardio equipment. Will not be going on November 17th.
- **Scrapbooking:** on November 20th at 2:30pm we will be working on the collaborative scrapbook for the club on display!
- **Community Outings:**
  - **Trip to the Sandra Schmirler:** on Tuesday November 17th at 1:30pm. Enjoy swimming and the hot tub or read a book at the library.
  - **Trip to Glen Cairn Bowling Alley:** Wednesday November 18th at 10:00am.
  - **Trip to Floral Conservatory:** on Wednesday November 25th at 1:30pm.
- **Coping with Anxiety Group:** on November 13th and 27th at 10:30am. Join us to learn some coping skills that can be used in everyday life.
- **Kindness Jars:** Spread some positivity on Wednesday November 25th at 2:30pm.
- **Pictionary:** on November 16th 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 November 13th at 2:30pm.
- **Nail Painting with Makeda:** Join us to do some creative nail painting! This is happening on November 5th and 19th at 2:00pm!
- **Book Club with Tammie:** Monday, November 30th at 10:30am, led by Tammie!
- **WRAP Group:** Join us to make a custom wellness plan on Wednesday November 4th at 2:00pm.
- **Tea with the BD:** Join in on a conversation with our Branch Director, Bernie, on November 17th at 12:30pm.
- **Movie and Popcorn:** on November 3rd and 17th at 1:30pm. Join us in the main area of the club as we watch a movie and have some snacks!
- **Painting for Beginners:** Join us on November 10th at 2:00pm to learn some basic painting skills!
- **How it's Made:** Watch some videos with us on Tuesdays at 10:30am about how things are made and produced!
- **Friendship Bracelet Making:** on November 23rd at 2:30pm join us to make some fun bracelets with beads!
- **Board Games:** Come and play some fun games with friends on Monday November 9th at 2:30pm.
- **Diamond Art Coasters:** Join us for some Diamond Art Painting on November 18th at 10:30am.
- ***NEW – 1-1 Health Clinics:** on Thursdays from 10am-12pm. **Health Teachings:** on Wednesdays at 11am**. Wellness Group:** on Thursdays at 1:30pm
- ***NEW – Bannock Baking:** Come and bake some Bannock on Thursday November 26th at 2:00pm.
- ***NEW – Tie Dye Activity:** Come and tie dye socks on Wednesday November 4th at 10:00am.
- ***NEW – Holiday Card Making:** Join us on November 20th at 1:30pm to create some personalized Holiday Cards.
- ***NEW – Cree Language:** Join us for a beginner's language lesson on Wednesday November 4th at 2:30pm.
- ***NEW – Men's Mental Health Presentation:** Come and listen to a presentation by Nicola about men's mental health on November 16th at 10:30am.
- ***NEW – APSS Presentation:** Learn about the services provided by the Aids Program Southern Saskatchewan on November 9th at 10:30am.
- ***NEW – NHL Highlights:** on Thursdays at 11:00am.
- ***NEW – Members Memorial:** An event honouring the loss of club members on Tuesday November 17th at 10:30am.
- ***NEW – Crokinole:** Join in for this fun board game on November 2nd at 2:30pm.
- ***NEW – Mr. Bean:** on November 23rd at 10:00am.
- ***NEW - Personal Wellbeing Group:** Join for an activity that covers different aspects of wellbeing on Tuesday November 24th at 2:00pm.
- ***NEW – Gratitude Group:** Join us for this positive activity on Friday November 27th at 9:45am.
- ***NEW – Pool Tournament:** The long-awaited pool tournament will be on November 24th at 10:00am.
- ***NEW – Beading:** Join our us and learn some basic beading skills on November 25th at 10:00am.
- ***NEW – Men's Group:** Sign up, come for coffee and discuss men's mental health on Wednesday November 25th at 10:00am.
- ***NEW – Photovoice:** Join us for this photography activity/lesson on mental health on November 23rd at 10:00am.
- ***NEW – Movember Contest:** Start growing your mustaches on November 2nd and enter the mustache pageant on November 30th to win a prize!
- ***NEW – ASL Lesson:** Learn some sign language on Friday November 13th at 3:00pm.
- ***NEW – LOOK Presentation:** Learn about this mental health project on Thursday, Nov. 5th at 10:30am.
- ***NEW – RPS Fraud Prevention Presentation:** Learn about how to spot signs of fraud on Nov. 19th at 10:30am.
- ***NEW – Crazy Eights:** Play this crazy card game with us on Monday November 30th at 2:30pm.

**November's birthday party will be celebrated on Friday November 27th at 2:30pm!**