








Program Calendar

www.mhnck.com

July 2017



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Chatham, ON
N7M2M9
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
3	4	5	6	7	8
<p style="text-align: center;">MHNCK Closed Today For Canada Day</p>	<p>10:00 The Breakfast Club 10:30 Strength Training <i>with Jeff</i> 11:00 Cards with Sharon 12:30 Pet Therapy Dog Visits 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i></p>	<p>Fishing Derby At Wilson's Conservation Area. 10-1 Please sign up for this Trip Limited Seating! 10:00 The Breakfast Club 10:30 Sit n' Stretch <i>with Jenny</i> 12:00 Free Lunch! 1:00 Drama Club <i>with Sam</i> 2:15 Young Minds <i>with Jeff</i></p> 	<p>Day trip to "Chez Lauzon" For Burgers and Lawn Games!! Please sign up limited seating for this event.</p> 	<p>10:00 Morning Social 10:30 Community Walk <i>with Sarah</i> 10:30 Cooking Club <i>with Ashleigh</i> 11:00 Self Expressions <i>with Jeff</i> 12:00 Community Kitchen Free Lunch! 1:00 Outdoor Fun & Games <i>with Sam & Erika</i></p>	9
	10	11	12	13	14
<p>10:00 The Breakfast Club 10:30 Yoga <i>with Zosia</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Health Education <i>with Janice</i> 1:30 Hope and Recovery(hospital group)</p>	<p>10:00 The Breakfast Club 10:30 Strength Training <i>with Jeff</i> 11:00 Brain Aerobics <i>with Jenny</i> 12:30 Painter's Corner <i>with Erika</i> 1:00 Women's Group <i>with Crystal</i> 1:00 Men's Group <i>with Jose</i></p>	<p style="text-align: center;">Day at the Beach Swimming, Games & Ice-cream! 10-2 Please sign up for this trip Limited Seating!</p> 	<p>10:00 The Breakfast Club 10:30 Guided Meditation <i>with Ashleigh</i> 11:00 Weight Loss Support Group <i>With Jenny</i> 12:30 Creative Colouring <i>with Erika</i> 1:00 Drama Club <i>with Sam</i></p>	<p>10:00 Morning Social 10:30 Community Walk <i>with Sam</i> 10:30 Cooking Club <i>with Jeff</i> 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 1:00 Comedy Hour <i>with Sam</i></p>	16
17	18	19	20	21	22
<p>10:00 The Breakfast Club 10:30 Walking Group <i>with Jenny</i> 11:00 Music Appreciation <i>with Ashleigh</i> 12:00 Free Lunch! 1:00 Craft Connection <i>with Ashleigh</i> 1:30 Hope and Recovery(hospital group)</p>	<p>10:00 The Breakfast Club 10:30 Strength Training <i>with Jenny</i> 11:00 BINGO! 12:30 Pet Therapy Dog Visits 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i></p>	<p>10:00 The Breakfast Club 10:30 Sit n' Stretch <i>with Jenny</i> 11:00 Diabetes Education Session <i>with Jennifer S</i> 12:00 Free Lunch! 1:00 Baking Group <i>with Erika</i> 2:15 Young Minds <i>with Jeff</i></p>	<p>10:00 The Breakfast Club 10:30 Guided Meditation <i>with Ashleigh</i> 11:00 Weight Loss Support Group 12:30 Pick your own Berries at Pardo's (need \$) weather depending 1:00 Drama Club <i>with Sam</i></p>	<p style="text-align: center;">Sam's Theme Day! Christmas in July See poster for details</p> 	23
24	25	26	27	28	29
<p>10:00 The Breakfast Club 10:30 Yoga <i>with Zosia</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Baking Group <i>with Erika</i> 1:30 Hope and Recovery(hospital group)</p>	<p style="text-align: center;">MHNCK Camping Trip</p> 	<p style="text-align: center;">MHNCK Camping Trip</p> 	<p>10:00 The Breakfast Club 10:30 Guided Meditation <i>with Ashleigh</i> 11:00 Weight Loss Support Group <i>With Jenny</i> 12:30 Creative Colouring <i>with Erika</i> 1:00 Drama Club <i>with Sam</i></p>	<p style="text-align: center;">Erika's Last Day</p> <p>10:00 Morning Social 10:30 Community Walk <i>with Sarah</i> 10:30 Cooking Club <i>with Jenny</i> 11:00 Self Expressions <i>with Jeff</i> 12:00 Community Kitchen Free Lunch! 1:00 Member's Meeting/Farwell and Best Wishes to Erika</p>	30
31	<p>July's Events: Don't have a fishing license? Ontario has Free Fishing Week July1-9th. Grab your fishing line and join us for our Annual Fishing Derby on July 5! Wednesday, July 12th join us for a day at the beach, for fun in the sand! Sign up early as spots fill up fast! Friday, July 21st, is a fun theme day, "Christmas in July" Come out and see what Samantha has planned for us. The office will be closed on Tuesday July 25 and Wednesday July 26 for our annual camping trip! Pre-registration was required for participation on this trip.</p> 				

Discovering Canada
Join us for an adventure across Canada! We are a beautiful country and there is a lot to see and do here. This group will explore provinces, the cuisine, and crafts.

The Craft Connection
Join us for a fun art project that is fun and requires no talent! Just a willingness to try.

Guided Meditation
Take time out today to meditate! Together we will learn how meditation adds value to our lives, and practice the art of meditation.

Strength Training
A new fitness program that will help you increase your range of motion, strengthen muscles and condition your entire body!

Self-Expressions
In this group we will learn the difference between healthy & unhealthy forms of expression. We will explore various ways of expressing ourselves using activities such as music, art & writing.

Baking Group
Join Erika in the kitchen for some baking fun! Be sure to bring your favourite recipes to share as we will be creating a MHNCK cookbook!

Women's Group with Sarah
A support group for women of all ages. Join women from our community who understand.

General Members Meeting
A chance for all members to come together and receive updates about what is going on at MHN. Also an opportunity to give your input!

Young Minds
Are you between 16-35? If so this group is for you! A support group where friends can share experiences, meet, hang out, and have fun! Come join us. WE LIVE IT, WE GET IT

Cards with Sharron
This creative group will teach you how to make beautiful handmade cards for any occasion!

Pet Therapy Dog Visits
St. John Ambulance therapy dogs come to visit the first and third Tuesday of every month. Come out and feel the love from our fur friends!

Drama Club
Come out and join Sam as she leads us in various activities and games related to drama and theatre.

Men's Group with Jose
A support group for men of all ages. Join men from our community who understand.

Health Education Session
Janice Dudley a Nurse from CKHA who teaches techniques and strategies for healthy living and personal care.

The Painter's Corner
Learn to relax while exploring your creativity and expressing yourself through the art of painting!

Mental Aerobics
Come join us for a fun "work out" for your brain! Keeping our mind fit is just as important as keeping your body fit.

Weight Loss Support Group
Looking for support in your weight loss journey? This group is for anyone wanting a healthier food and body connection. Topics about body image, our relationship with food etc. You don't have to do it alone!!

Cooking Club
A family that cooks together...stays together!! Come on out and help with preparing a meal that we will later eat together! Also an opportunity to learn how to cook!

Sit n' Stretch
This is an excellent choice if you are new to fitness. Regular exercise boosts energy, reduces stress, improves sleep, improves flexibility, and so much more. If you're ready to reap the benefits of a healthy, active lifestyle, This group is for you!

Creative Colouring
Benefits of Colouring for Adults: Stress & anxiety levels have the potential to be lowered. Negative thoughts diminish as you take in positivity. Focusing on the present helps you achieve mindfulness. Unplugging from technology promotes creation over consumption. It's a hobby that can be taken with you wherever you go

Diabetes Education Sessions
Jennifer Smith a Dietician from the CKHA teaches healthy eating and diabetic awareness and prevention.

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"Supporting those whose lives are affected by mental illness through their journey of hope and recovery"

