

Program Calendar

www.mhnck.com




March 2018



71 Raleigh St.
Chatham, ON
N7M2M9
519-351-3100

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>WHAT'S HAPPENING IN CHATHAM-KENT?</p> <p>Thursday, March 1 @ 7pm - Embrace screening at Ursuline College, Chatham Body image activist Taryn Brumfitt - Free</p> <p>Saturday, March 3 @ Club Lentina's Craft Show from 10-2</p> <p>Day Light Savings Time - Clock's "SPRING" ahead on Sunday at 2am</p>  			1	2	3
			<p>10:00 The News & Views Breakfast Club</p> <p>10:30 Sit and Stretch <i>with Jenny</i></p> <p>11:00 Assert Yourself! <i>with Jeff</i></p> <p>12:00 Pepperoni Pizza-pre-order by 11am</p> <p>1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i></p>	<p>10:00 Lunch Prep <i>with Mark</i></p> <p>10:30 Walking Club <i>with Sarah</i></p> <p>11:00 Smoke is Smoke presentation by the Public Health Unit</p> <p>12:00 Community Kitchen Free Lunch!</p> <p>12:30 Cards with Sharon</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p>
5	6	7	8	9	10
<p>10:00 News & Views Breakfast Club</p> <p>10:30 Guided Meditation <i>with Sam</i></p> <p>11:00 Music Appreciation <i>with Jeff</i></p> <p>12:00 Free Lunch! <i>with Sarah</i></p> <p>1:00 Health Education <i>with Janice</i></p> <p>1:30 Hope and Recovery (hospital group)</p>	<p>10:00 The Breakfast Club</p> <p>10:30 Strength Training <i>with Jeff</i></p> <p>11:00 Macramé <i>with Sam</i></p> <p>12:30 Pet Therapy Dog Visits</p> <p>1:00 Women's Group <i>with Sarah</i></p> <p>1:00 Men's Group <i>with Jose</i></p>	<p>10:00 The News & Views Breakfast Club</p> <p>10:30 Walking Club <i>with Jenny</i></p> <p>11:00 Body Wise Challenge <i>with Jenny</i></p> <p>12:00 Soup Luncheon!</p> <p>12:30 Painter's Corner <i>with Sam</i></p> <p>2:15 Young Minds <i>with Jeff</i></p>	<p>8 International Women's Day</p> <p>10:00 The News & Views Breakfast Club</p> <p>10:30 Sit and Stretch <i>with Jenny</i></p> <p>11:00 Assert Yourself! <i>with Jeff</i></p> <p>12:00 International Women's Day Celebration at Chatham Cultural Centre</p> <p>1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i></p>	<p>Tri - County St. Patrick's Day Party!</p>  <p>(see poster at MHN for details and to sign up!)</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p>
12	13	14	15	16	17
<p>10:00 Breakfast House & Grill trip</p> <p>Please RSVP - members pay for meal</p> <p>10:30 Guided Meditation <i>with Sam</i></p> <p>11:00 Music Appreciation <i>with Jeff</i></p> <p>12:00 Free Lunch! <i>with Sarah</i></p> <p>1:00 The Worry Cycle <i>with Sarah</i></p> <p>1:30 Hope and Recovery (hospital group)</p>	<p>10:00 The Breakfast Club</p> <p>10:30 Strength Training <i>with Jeff</i></p> <p>11:00 Weaving <i>with Sam</i></p> <p>12:30 Guided Meditation <i>with Sam</i></p> <p>1:00 Women's Group <i>with Sarah</i></p> <p>1:00 Men's Group <i>with Jose</i></p>	<p>10:00 The News & Views Breakfast Club</p> <p>10:30 Walking Club <i>with Jenny</i></p> <p>11:00 Body Wise Challenge <i>with Jenny</i></p> <p>12:00 Soup Luncheon!</p> <p>1:00 Trip to the Farmer's Market</p> <p>2:15 Young Minds <i>with Jeff</i></p>	<p>10:00 The News & Views Breakfast Club</p> <p>10:30 Sit and Stretch <i>with Jenny</i></p> <p>11:00 Assert Yourself! <i>with Jeff</i></p> <p>12:00 Pepperoni Pizza-pre-order by 11am</p> <p>12:30 Knot Just Yarn & Painter's Corner <i>with Jenny & Sam</i></p> <p>7:00-9:00 Family Support Group</p>	<p>10:00 Lunch Prep <i>with Mark</i></p> <p>10:30 Walking Club <i>with Sarah</i></p> <p>11:00 Clutter Buster's Presentation By Sue Hawkins</p> <p>12:00 Community Kitchen Free Lunch!</p> <p>1:00 Family Feud! <i>with Jeff</i></p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p>
19	20	21	22	23	24
<p>10:00 News & Views Breakfast Club</p> <p>10:30 Guided Meditation <i>with Sam</i></p> <p>11:00 Music Appreciation <i>with Jeff</i></p> <p>12:00 Free Lunch! <i>with Sarah</i></p> <p>1:00 The Worry Cycle <i>with Sarah</i></p> <p>1:30 Hope and Recovery (hospital group)</p>	<p>10:00 The Breakfast Club</p> <p>10:30 Strength Training <i>with Jeff</i></p> <p>11:00 Bracelets <i>with Sam</i></p> <p>12:30 Pet Therapy Dog Visits</p> <p>1:00 Women's Group <i>with Sarah</i></p> <p>1:00 Men's Group <i>with Jose</i></p> 	<p>10:00 The News & Views Breakfast Club</p> <p>10:30 Walking Club <i>with Jenny</i></p> <p>11:00 Diabetes Education Session with Jennifer S</p> <p>12:00 Soup Luncheon!</p> <p>1:00 5-Pin Bowling - cost \$2.00</p> <p>2:15 Young Minds <i>with Jeff</i></p> 	<p>10:00 The News & Views Breakfast Club</p> <p>10:30 Sit and Stretch <i>with Jenny</i></p> <p>11:00 Assert Yourself! <i>with Jeff</i></p> <p>12:00 Pepperoni Pizza-pre-order by 11am</p> <p>1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i></p>	<p>10:00 Lunch Prep <i>with Mark</i></p> <p>10:30 Walking Club <i>with Sarah</i></p> <p>11:00 Cards with Sharon</p> <p>12:30 Member's Meeting</p> <p>1:00 Painter's Corner <i>with Sam</i></p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p>
26	27	28	29	30	31
<p>10:00 News & Views Breakfast Club</p> <p>10:30 Guided Meditation <i>with Sam</i></p> <p>11:00 Music Appreciation <i>with Jeff</i></p> <p>12:00 Free Lunch! <i>with Sarah</i></p> <p>1:00 The Worry Cycle <i>with Sarah</i></p> <p>1:30 Hope and Recovery (hospital group)</p>	<p>10:00 The Breakfast Club</p> <p>10:30 Strength Training <i>with Jeff</i></p> <p>11:00 Sewing-Worry Doll <i>with Sam</i></p> <p>12:30 Guided Meditation <i>with Sam</i></p> <p>1:00 Women's Group <i>with Sarah</i></p> <p>1:00 Men's Group <i>with Jose</i></p>	<p>11-2 Easter Brunch</p> <p>Please sign up for this event</p>  <p>see poster for details & to sign up!</p>	<p>MHNCK Closed For Staff Development</p>	<p>MHNCK Closed Good Friday</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p>

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!

Zentangle

The Zentangle Method is an easy to learn, fun and relaxing way to create beautiful images by drawing simple structured patterns.

Guided Meditation

Take time out today to meditate! Together we will learn how meditation adds value to our lives.

 **The Worry Cycle**

Are you worried about things you can't control? Does worrying keep you up at night? This group will explore ways to find happiness in the present moment. Develop skills to stop worrying and start living!

Assert Yourself


Learn the difference between passive, aggressive, and assertive communication styles and how to be more assertive and better express your needs.

Sit & Stretch

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

Women's Group with Sarah

A support group for women of all ages. Join women from our community who understand.

Local Shopping 

What's more fun than shopping...SHOPPING WITH FRIENDS! Join us as we travel to a local destination of interest!

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 furry friends!

Presentation Smoke is Smoke by the Public Health Unit 


While many people know that there is no safe level of exposure to smoke, many are not aware of the health risks associated with exposure to smoke from cannabis or a hookah pipe. Just like tobacco, both produce second-hand smoke.

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.

Brain Games 

Did you know that playing games can help keep your mind sharp....while having fun? Give your brain a workout by playing fun games that sharpen your mind. Challenge yourself and your abilities.

Body Wise 

This group is for anyone wanting a healthier food and body connection. Topics about body image, our relationship with food, support for your diet etc. You don't have to do it alone!!

Textile Arts 

Come check out a program that will give you a taste of different textile crafts. Try your hand at Macramé, weaving, sewing, bracelet making. Something for every ability and interest.

Knot Just Yarn!

Crafty space for all. Enjoy great cup of coffee/tea and get creative! Bring your current project, start a new one! Knit, crochet, beading, needlework or any craft. Want to learn? Your peers can help you!

Community Walk

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"

