

Program Calendar

www.mhnck.com



March 2019



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Chatham, ON
N7M2M9
519-351-3100

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>WHAT'S HAPPENING IN CHATHAM-KENT? Shrove Tuesday Pancake Dinner</p> <p>All you can eat Pancake Dinner-Christ Anglican Church, 80 Wellington St. W., Chatham from 5pm – 7pm. All you can eat for \$8.00 adults, \$5.00 children 15 and under, free under 5 years. Tickets available at the church office (519-352-1640),</p>			<p>1</p> <p>10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 12:30 Creativity <i>with Sam</i></p>		<p>2</p> <p>Breakfast served at First Presbyterian Church 9:30-11am</p>
<p>March 1- World Day of Prayer March 10 - Day Light Savings Time - Clock's "SPRING" ahead on Sunday at 2am March 6th and 20th - St. Ursula's Parish Meal 4:30-5:30pm Movies at the Library every Tuesday's at 2 pm</p>			<p>3</p>		
4	5 Shrove Tuesday	6	7 Wear Purple Today	8	9
<p>10:00 News & Views Breakfast Club 10:30 Catch Phrase 11:00 Music Appreciation <i>with Jen</i> 12:00 Free Lunch! 1:00 Health Education <i>with Janice</i> 1:30 Hope and Recovery (hospital group) 4:00-6:00 Free2BMe Group</p>	<p>10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Jeopardy! <i>With Jenny</i> 12:00 Pancake Luncheon 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 News & View Breakfast Club 10:00 Creative Expressions (hospital group) 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Movie: A Dog's Purpose 12:00 Pepperoni Pizza pre-order by 11am 1:00 Conclusion of Movie & Pet Trivia</p>	<p>10:00 The News & View Breakfast Club 10:30 Sketching <i>with Sam</i> 11:00 Balance for Better International Women's Day Presentation-<i>with Jenny</i> 1:00 Self Esteem Group <i>with Jeff</i></p>	<p>10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Lunch n' Learn with Robert from medical place pharmacy 12:00 Community Kitchen Free Lunch! 12:30 Creativity <i>with Sam</i></p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p> <p>10 Daylight Savings Time Clocks "spring" ahead at 2am</p>
11	12	13	14	15	16
<p>10:00 News & Views Breakfast Club 10:30 No Blarney Trivia <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 ♥ The Skin You're in <i>with Jenny</i> 1:30 Hope and Recovery (hospital group) 4:00-6:00 Free2BMe Group</p>	<p>10:00 The News & View Breakfast Club 10:15 Chair Yoga <i>with Sam</i> 11:00 Creative Writing <i>with Jeff</i> 12:30 Green Trivia <i>with Jenny</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i></p>	<p>10:00 The News & View Breakfast Club 10:30 Galaxy Cinemas Trip Movie: Fantastic Beasts The Crimes of Grindelwald Cost: \$3.00 Please sign up Limited Seating</p>	<p>10:00 The News & View Breakfast Club 10:15 St. Patrick's Lucky Bingo! 11:00 History of St. Patrick's Day 12:30 A Wee Bit O' Humor <i>with Jenny</i> 1:00 Self Esteem Group <i>with Jeff</i> 7:00-8:30 Wings of Change</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>
18	19	20 First Day of Spring!	21 Rock Your Socks Today	22	23
<p>10:00 News & Views Breakfast Club 10:30 Community Walk <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 ♥ The Skin You're in <i>with Jenny</i> 1:30 Hope and Recovery (hospital group) 4:00-6:00 Free2BMe Group</p>	<p>10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Jeopardy! <i>With Jenny</i> 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 News & View Breakfast Club 10:00 Creative Expressions (hospital group) 10:30 Sit N' Stretch 11:00 Sleep Enhancement <i>with Jeff</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Trip to Farmer's Market</p>	<p>10:00 The News & View Breakfast Club 10:30 Sketching <i>with Sam</i> 10:45 Crock-a-doodle-cost \$2 1:00 Self Esteem Group <i>with Jeff</i> 7:00-9:00 Family Support Group </p>	<p>10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 12:30 Member's Meeting 1:00 Creativity <i>with Sam</i></p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p> <p>24 Emmanuel Baptist Church Dinner 4-5</p>
25	26	27	28	29	30
<p>10:00 News & Views Breakfast Club 10:30 Community Walk <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 ♥ The Skin You're in <i>with Jenny</i> 1:30 Hope and Recovery (hospital group) 4:00-6:00 Free2BMe Group</p>	<p>10:00 The News & View Breakfast Club 10:15 Chair Yoga <i>with Sam</i> 11:00 Creative Writing <i>with Jeff</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i></p>	<p>10:00 The News & View Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Diabetes Education Session <i>With Jen Smith</i> 1:00 5-Pin Bowling -cost \$2.00</p>	<p>MHCK Health Fair 7:00-8:30 Wings of Change</p>	<p>10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Finding your voice <i>with Jeff</i> 12:00 Community Kitchen Free Lunch! 12:30 Creativity <i>with Sam</i></p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p> <p>31</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!

Chair Yoga
 A yoga class designed for all ages as all postures can be done from a seated or standing position.

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

NEW! Health Fair
 Come join us at the MHNCK Health Fair. Come out and learn about taking care of our bodies, hair, laundry etc. Did I mention you could win a prize?!?

NEW! Self Esteem
 Learn how certain experiences effect self-esteem and how to increase your sense of self-worth.

NEW! Sleep Enhancement
 Learn what causes sleep disturbances and get tips on how to get better sleep.

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

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

NEW! Creative Writing
 Have fun with different creative writing games while learning to write poetry, stories, and how to journal.

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!

Positivity Group
 Do you see the glass as 1/2 empty or 1/2 full? This group will help you to see the positive side of life. Join us for a fun group that will be sure to make you smile!

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.

♥ The Skin Your In
 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!!

NEW! Free2BMe
 This group will provide a safe space for youth (16-25) who are part of the LGBTQ+ community and their allies. Exciting activities, conversations, games, crafts, learning and more!

NEW! Finding Your Voice
 Learn to speak up using various assertive communication techniques.

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!

Music Appreciation
 Enjoy music? Join Jeff as he leads a group of music appreciation. Music is a wonderful way to express feelings and to use for relaxation and enjoyment.

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 "

