

# Program Calendar





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# September 2017



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Chatham, ON  
N7M2M9  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
				1	2
	<b>Happy September! Upcoming Events:</b> Sept. 1 - Lunch and Learn with Robert from Medical Place Pharmacy Sept. 7 - Trip to Brander Park. Please sign up for this event-limited seating Sept. 11 - Special Appearance from Captain Positive with Positivity Day for Chatham-Kent Sept. 21 - 11th Annual AGM, please register for this event, members must have a ticket to attend dinner			 10:00 News & Views Coffee/Tea 10:30 Community Walk 11:00 Lunch N' Learn <i>with Robert</i> (Presentation on Anxiety) 12:00 Pizza Lunch for those attending presentation! 1:00 Zentangle <i>with Sam</i>	3
4	5	6	7	8	9
<b>MHNCK Closed Labour Day</b>	10:00 The News & Views Breakfast Club 10:30 Minute to Win it Games! 11:00 Discovering HOPE! <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>	10:00 The News & Views Breakfast Club 10:30 Walk Fit <i>with Jenny</i> 11:00 Tongue Fu! <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 1:00 Trip to the Farmer's Market! 2:15 Young Minds <i>with Jeff</i>	<b>A Day at Brander Park!</b>  Please sign up for this trip-space is limited!	10:00 News & Views Coffee/Tea 10:30 Community Walk <i>with Sarah</i> 10:30 Cooking Club <i>with Jeff</i> 11:00 Positivity it's a State of Mind! 11:30 Special Appearance from Captain Positive! 12:00 <b>Community Kitchen Free Lunch!</b> 1:00 Zentangle <i>with Sam</i>	10
11	12	13	14	15	16
10:00 News & Views Breakfast Club 10:30 Music Appreciation <i>with Jeff</i> 11:30 Tecumseh Park Picnic 1:00 Tecumseh Park Games 1:30 Hope and Recovery (hospital group)	10:00 The News & Views Breakfast Club 10:30 Minute to Win it Games! 11:00 Discovering HOPE! <i>with Jenny</i> 12:30 Painter's Corner <i>with Sam</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & Views Breakfast Club 10:30 Walk Fit <i>with Jenny</i> 11:00 Tongue Fu! <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 1:00 Bingo! 2:15 Young Minds <i>with Jeff</i>	10:00 The News & Views Breakfast Club 10:30 Guided Meditation 11:00 The Crafty Cafe 12:30 Creative Colouring 1:00 Wal-Mart Shopping Trip	10:00 News & Views Coffee/Tea 10:30 Community Walk <i>with Sarah</i> 10:30 Cooking Club <i>with Jenny</i> 11:00 Card Making <i>with Sharon</i> 12:00 <b>Community Kitchen Free Lunch!</b> 1:00 Zentangle <i>with Sam</i>	17
18	19	20	21	22	23
10:00 News & Views Breakfast Club 10:30 Let's Play UNO! <i>with Sarah</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 1:00 Taking care of me! <i>with Sarah</i> 1:30 Hope and Recovery(hospital group)	10:00 The News & Views Breakfast Club 10:30 Minute to Win it Games! 11:00 Discovering HOPE! <i>with Jenny</i> 12:30 Pet Therapy Dog Visits 1:00 Women's Group <i>with Crystal</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & Views Breakfast Club 10:30 Walk Fit <i>with Jenny</i> 11:00 Diabetes Education Session with Jennifer S 12:00 <b>Free Lunch!</b> 1:00 Outdoor Fun & Games 2:15 Young Minds	 5:00-8:00pm 11th Annual AGM at "Aristo's" Dinner & Dance to follow meeting Please <b>Register</b> for a free Ticket to this event!	10:00 News & Views Coffee/Tea 10:30 Community Walk <i>with Sam</i> 10:30 Cooking Club <i>with Sarah</i> 11:00 Zentangle <i>with Sam</i> 12:00 <b>Community Kitchen Free Lunch!</b> 1:00 Comedy Hour!	24
25	26	27	28	29	30
10:00 News & Views Breakfast Club 10:30 Let's Play Checkers! <i>with Sarah</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 1:00 Taking care of me! <i>with Sarah</i> 1:30 Hope and Recovery(hospital group)	10:00 The News & Views Breakfast Club 10:30 Minute to Win it Games! 11:00 Card Making <i>with Sharon</i> 12:30 Painter's Corner <i>with Sam</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & Views Breakfast Club 10:30 Walk Fit <i>with Jenny</i> 11:00 Tongue Fu! <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 1:00 Trip to the Farmer's Market! 2:15 Young Minds <i>with Jeff</i>	10:00 The News & Views Breakfast Club 10:30 Guided Meditation 11:00 The Crafty Cafe 12:30 Creative Colouring 1:00 Thompson's Apple Orchard <b>7:00-9:00 Family Support Group</b>	10:00 News & Views Coffee/Tea 10:30 Community Walk <i>with Sarah</i> 10:30 Cooking Club <i>with Kelly</i> 11:00 Zentangle <i>with Sam</i> 12:00 <b>Community Kitchen Free Lunch!</b> 1:00 Mudd Creek (feeding ducks)	1

**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.

**NEW! 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, and practice the art of meditation.

**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!*

**Tongue Fu! NEW!**  
A new group designed to help us deflect, disarm and defuse any verbal conflict. Learn how to handle difficult situations and people respectfully.

**NEW! Taking Care of Me!**  
This group explores the role self care has in staying both physically and mentally well.

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

**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!

**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.

**NEW! Discovering HOPE!**  
Hope is an act of collaboration; it cannot be achieved alone. We offer grains or fragments of hope to one another so that everyone's sense of possibility can grow. In this way we can do together what might seem impossible alone.

**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.

**NEW! Minute to Win it Games**  
MHNCK's version of the international game show where contestants take part in a series of 60-second challenges that use objects that are commonly available around the house! Come join the fun!

**NEW! The Crafty Cafe**  
Crafty Cafe is a space for all where you can enjoy great cup of coffee/tea and get creative! Bring your current project you're working on, or start a new one! Knit, crochet, beading, needlework or any craft. Want to learn? Your peers can help you!

**NEW! Walk Fit**  
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"

