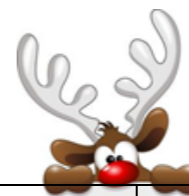




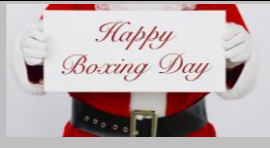




December 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
3  Bus Trip to the Windsor Mall Christmas Shopping Please Sign Up for this Event! 9:30-2:30 Cost: \$2.00 & spending money	4 10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Grocery Store Shopping please sign up for and see back for details 12:30 Pet Therapy Dog Visits 1:00 Deck the Halls! Christmas Decorating of MHN 2:10 WRAP <i>with Jeff</i>	5 <i>St. Ursula Parish Meal 4:30-5:30pm</i> 10:00 Christmas in Muskoka \$2.00 10:00 The News & Views Breakfast Club 11:00 Coping with Anger <i>with Jeff</i> 12:00 Pepperoni Pizza pre-order by 11am 12:30 Christmas Warehouse Sale 1:00 Christmas gifts on a budget <i>with Sam-\$2.00 cost</i>	6 10:00 The News & View Breakfast Club 10:45 Chair Yoga at the Health Plex 11:00 Favorite Holiday Memories <i>with Shane</i> 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i>	7 10:15 MHNCK Karaoke 11:00 Guest Speaker – Kim Walker from Jobworx 12:00 Merry Mingle Holiday Lunch-Please sign up	8 Breakfast served at First Presbyterian Church 9:30-11am
10 10:00 The News & View Breakfast Club 10:30 Ornament Making <i>with Sam</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 ♥ The Skin Your In <i>with Jenny</i> 1:30 Hope and Recovery (hospital group) 4:00-6:00 Free2BMe Group	11 10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Crock-A-Doodle cost \$2.00 1:00 Women’s Group <i>with Jenny</i> (Christmas Card Making) 1:00 Men’s Group <i>with Jose</i>	12 10:00 The News & View Breakfast Club 10:30 Sit N’ Stretch <i>with Jenny</i> 11:00 Coping with Anger <i>with Jeff</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Christmas gifts on a budget <i>with Sam-\$2.00 cost</i>	13 10:00 The News & View Breakfast Club 10:45 Mood Walk at the Health Plex 11:00 Favorite Holiday Memories <i>with Shane</i> 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i>	14 10:15 Cooking Club 10:30 Community Walk 11:00 Cards with Sharon 12:00 Community Kitchen Free Lunch! 12:30 Member’s Meeting 1:00 Christmas Sing-a-long!	15 Breakfast served at First Presbyterian Church 9:30-11am
17 10:00 The News & View Breakfast Club 10:30 Ornament Making <i>with Sam</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 ♥ The Skin Your In <i>with Jenny</i> 1:30 Hope and Recovery (hospital group) 4:00-6:00 Free2BMe Group	18 Good Fellows food delivery 10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 Holiday Pictionary! 12:30 Pet Therapy Dog Visits 1:00 Women’s Group <i>with Jenny</i> 1:00 Men’s Group <i>with Jose</i>	19 <i>St. Ursula Parish Meal 4:30-5:30pm</i> 10:00 The News & View Breakfast Club 10:30 Sit N’ Stretch <i>with Jenny</i> 11:00 Diabetes Education Session 1:00 Learn to make a box of chocolates <i>with Jeff</i>	20 Salvation Army Food Delivery 10:00 The News & View Breakfast Club 10:45 Functionally Fit at the Health Plex 11:00 Favorite Holiday Memories <i>with Shane</i> 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i>	21  MHN Christmas Party! 11:00-1:30 Must have a ticket to attend	22 Breakfast served at First Presbyterian Church 9:30-11am
24  MHNCK CLOSED	25  MHNCK CLOSED	26  MHNCK CLOSED	27 Holiday Fun and Games At Hope House MHNCK open from 10-2 <i>*Ugly Sweater Day*</i>	28 Holiday Fun and Games At Hope House MHNCK open from 10-2 <i>*Christmas Sock Day*</i>	29 Breakfast served at First Presbyterian Church 9:30-11am
31 NEW YEAR'S EVE MHNCK CLOSED	<p>Upcoming Events: Dec. 3 - Christmas Shopping Trip in Windsor Dec. 4 - Deck the Halls at MHNCK! Dec.14 - Annual Christmas Sing-a-long at MHNCK Dec. 15-16 – Hometown Hockey Event-more details to come. All events are free! Dec. 7 - Free Double Feature at the Capitol Theatre- How the Grinch Stole Christmas/Home Alone 6:15pm Dec. 21 - MHNCK Annual Christmas Party!! Dec. 23 -Free Movie at the Capitol Theatre – Polar Express – 7pm</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!

Functionally Fit
 This unique class is designed to help keep you active even if you have limited mobility. This class is taught seated at the Health Plex. Pre-registration required.

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

Fall Trips
 We have a variety of trips throughout the fall. Be sure to check them out and sign up early as these trips fill up fast!

WRAP
 This 12 week course starts Oct. 2 from 2:10-3:30pm. If you are interested in registering please call/email Jeff: jeff@mhnc.com (519)351-3100.

Chair Yoga
 A yoga class designed for all ages as all postures can be done from a seated or standing position. This class is taught at the Health plex. Pre-registration required.

Women's Group with Jenny
 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!

Ornament Making
 Join us to make an ornament for your tree! Requires no talent! Just a willingness to try.

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!

Favorite Holiday Memories with Shane
 Learn how to access positive memories, express those memories, honour those memories. Let's share those positive memories with others.

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!!

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!

Coping with Anger
 Come and join us as we learn what Anger is and is not, what are some common myths about anger, different styles of anger and healthy strategies for coping with anger.

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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 www.mhnc.com

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

