

# Program Calendar






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# February 2019



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN	
 <b>WHAT'S HAPPENING IN CHATHAM-KENT?</b>  <b>Saturday, Feb. 16</b> -Community Wellness Event- A free one-hour yoga session will be offered by Chatham Kent Public Library from 11:00 am-12:00 pm. St. John's Ambulance therapy dogs will then come to say hello from 12:00 pm – 1:00 <b>Monday, Feb. 18</b> – Free movie, Small Foot, at the Capitol Theatre-2 pm -Lots of Events in CK, check out <a href="http://www.myck.ca">www.myck.ca</a> for a complete listing.			<b>Friday, Feb. 8</b> – Free movie, Before the Plate, at the Capitol Theatre – 7pm <b>Thursday, Feb. 14</b> - Celebrate Valentine's Day with a Bad Art Night! Bad Art is here for you however you want to celebrate. Participate in our Couple's Portrait Contest or try the Love Stinks Challenge. CKPL will provide the supplies, you provide the badness. Pre-registration required		1 10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Getting to Know you <i>with Jeff</i> 12:00 <b>Community Kitchen Free Lunch!</b> 12:30 Creativity <i>with Sam</i>	2 Breakfast served at First Presbyterian Church 9:30-11am  3
4	5 <b>Chinese New Year</b>	6 <i>St. Ursula Parish Meal 4:30-5:30pm</i>	7	8	9	
10:00 The News & View Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 1:00 Grocery Store Shopping Trip 1:30 Hope and Recovery (hospital group) <b>4:00-6:00 Free2BMe Group</b>	10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Sam</i> 11:00 ♥ The Skin Your in <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 & View Breakfast Club 10:30 Sketching <i>with Sam</i> 11:00 Learn to Play Poker <i>with Jeff</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Stretching your Food Dollars <i>with Jenny</i>	10:00 The News & View Breakfast Club 10:30 Jeopardy <i>with Jenny</i> 11:00 Mindfulness with Sam 1:00 Communication & Relationships <i>with Jeff</i>	10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Cards with Sharon 12:00 <b>Community Kitchen Free Lunch!</b> 12:30 Creativity <i>with Sam</i>	Breakfast served at First Presbyterian Church 9:30-11am  10	
11	12	13	14 <b>Happy Valentine's Day</b>	15	16	
10:00 The News & View Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 1:00 Health Education <i>with Janice</i> 1:30 Hope and Recovery (hospital group) <b>4:00-6:00 Free2BMe Group</b>	10:00 The News & View Breakfast Club 10:15 Chair Yoga <i>with Sam</i> 11:00 ♥ The Skin Your in <i>with Jenny</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & View Breakfast Club 10:00 Creative Expressions (hospital group) 10:30 Catch Phrase <i>with Maria</i> 11:00 Creative Writing <i>with Jeff</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Stretching your Food Dollars <i>with Jenny</i>	10:00 The News & View Breakfast Club 10:30 Valentine Day Craft 11:00 Valentine's Day Fun & Games 12:30 Movie Afternoon & Treats! <b>**Red and White Day**</b>  <b>7:00-8:30 Wings of Change</b>	10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Getting to Know you <i>with Jeff</i> 12:00 <b>Community Kitchen Free Lunch!</b> 12:30 Crock-a-doddle~cost \$2 	Breakfast served at First Presbyterian Church 9:30-11am  17	
18	19	20 <i>St. Ursula Parish Meal 4:30-5:30pm</i>	21	22	23	
<b>MHNCK Closed For Family Day</b>	10:00 The News & View Breakfast Club 10:15 Guided Meditation <i>with Jeff</i> 11:00 ♥ The Skin Your in <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 & View Breakfast Club 10:30 Sketching <i>with Sam</i> 11:00 Diabetes Education Session <i>With Jen Smith</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Trip to Farmer's Market	10:00 The News & View Breakfast Club 10:45 Black Historical Society Tour 1:00 Communication & Relationships <i>with Jeff</i> <b>7:00-9:00 Family Support Group</b>	10:15 Cooking Club 10:30 Positivity Group <i>with Sarah</i> 11:00 Cards with Sharon 12:00 <b>Community Kitchen Free Lunch!</b> 12:30 Member's Meeting 1:00 Just for Laughs <i>with Jeff</i>	Breakfast served at First Presbyterian Church 9:30-11am  24 Emmanuel Baptist Church Dinner 4-5	
25	26	27	28 <b>**Country Western Day**</b>			
10:00 The News & View Breakfast Club 10:30 Sit N' Stretch <i>with Jenny</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> 1:00 5-Pin Bowling -cost \$2.00 1:30 Hope and Recovery (hospital group) <b>4:00-6:00 Free2BMe Group</b>	10:00 The News & View Breakfast Club 10:15 Chair Yoga <i>with Sam</i> 11:00 ♥ The Skin Your in <i>with Jenny</i> 1:00 Women's Group <i>with Sarah</i> 1:00 Men's Group <i>with Jose</i>	10:00 The News & View Breakfast Club 10:00 Creative Expressions (hospital group) 10:30 Catch Phrase <i>with Maria</i> 11:00 Creative Writing <i>with Jeff</i> 12:00 Pepperoni Pizza pre-order by 11am 1:00 Stretching your Food Dollars <i>with Jenny</i>	10:00 The News & View Breakfast Club 10:15 Western Art <i>with Sam</i> 11:00 Wild, Wild West Fun & Games 1:00 Line Dancing & Music  <b>7:00-8:30 Wings of Change</b>			

**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.

**Winter Trips**

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

**NEW! Communication and Relationships**

Learn what makes a relationship successful with an emphasis on healthy communication and assertiveness.

**Country & Western Day**

Please come in your best western outfit for a day of fun in the Wild, Wild West of MHNCK! Fun and Games, music, and laughs. You won't want to miss the fun!

**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! Stretching Your Food Dollars with Jenny**

Learn how you can make the most with what you have. Plan healthy meals on a budget.

**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! Knowing Yourself with Jeff**

Understand why you feel and behave the way you do and to recognize when you are stressed so that you can choose the appropriate coping strategies.

**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"

