





# Program Calendar

www.mhnck.com

# January 2018



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Chatham, ON  
N7M2M9  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	2	3	4	5	6
	 <b>MHNCK Closed</b>	10:00 The News & Views Breakfast Club 10:30 Walk Fit <i>with Jenny</i> 11:00 Body Wise Challenge <i>with Jenny</i> 12:00 <b>Free Lunch!</b> 1:00 Wal-Mart Shopping Trip 2:15 Young Minds <i>with Jeff</i>	10:00 The News & Views Breakfast Club 10:30 Sit and Stretch <i>with Jenny</i> 11:00 Overcoming Winter Depression 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i>	10:00 Morning Social 10:30 Heads Up! 10:30 Cooking Club 11:00 Painter's Corner <i>with Sam</i> 12:00 <b>Community Kitchen Free Lunch!</b> 1:00 Comedy Hour <i>with Jeff</i>	7
8	9	10	11	12	13
10:00 News & Views Breakfast Club 10:30 Guided Meditation <i>with Sam</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> <i>with Sarah</i> 12:30 Mental Aerobics <i>with Jenny</i> 1:00 Health Education <i>with Janice</i> 1:30 Hope and Recovery (hospital group)	10:00 News & Views Breakfast Club 10:30 Uno <i>with Jeff</i> 11:00 Zentangle <i>With Sam</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 Body Wise Challenge <i>with Jenny</i> 12:00 <b>Free Lunch!</b> 1:00 5-Pin Bowling - cost \$2.00 2:15 Young Minds <i>with Jeff</i>	10:00 The News & Views Breakfast Club 10:30 Sit and Stretch <i>with Jenny</i> 11:00 Overcoming Winter Depression 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i>	10:00 Morning Social 10:30 Would you Rather? 10:30 Cooking Club with Jenny 11:00 Cards with Sharon 12:00 <b>Community Kitchen Free Lunch!</b> 12:30 Movie Afternoon!	14
15	16	17	18	19	20
10:00 News & Views Breakfast Club 10:30 Guided Meditation <i>with Sam</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> <i>with Sarah</i> 12:30 Mental Aerobics <i>with Jenny</i> 1:00 Christmas is Over...Now What 1:30 Hope and Recovery (hospital group)	10:00 News & Views Breakfast Club 10:30 Quick Draw! <i>with Jeff</i> 11:00 Crock-a-doodle - cost \$5.00 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 Body Wise Challenge <i>with Jenny</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 Sit and Stretch <i>with Jenny</i> 11:00 Overcoming Winter Depression 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i> <b>7:00-9:00 Family Support Group</b>	10:00 Morning Social 10:30 Jeopardy! 11:00 Lunch and Learn with Robert from Medical Place Pharmacy 12:00 <b>Community Kitchen Free Lunch!</b> 1:00 Painter's Corner <i>with Sam</i>	21
22	23	24	25	26	27
10:00 News & Views Breakfast Club 10:30 Guided Meditation <i>with Sam</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 <b>Free Lunch!</b> <i>with Sarah</i> 12:30 Mental Aerobics <i>with Jenny</i> 1:00 Christmas is Over...Now What 1:30 Hope and Recovery (hospital group)	10:00 News & Views Breakfast Club 10:30 Uno <i>with Jeff</i> 11:00 Zentangle <i>With Sam</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 Diabetes Education Session with Jennifer S 12:00 <b>Free Lunch!</b> 1:00 5-Pin Bowling - cost \$2.00 2:15 Young Minds	10:00 The News & Views Breakfast Club 10:30 Sit and Stretch <i>with Jenny</i> 11:00 Overcoming Winter Depression 12:00 Pepperoni Pizza-pre-order by 11am 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny</i>	10:00 Morning Social 10:30 Heads Up! 10:30 Cooking Club 11:00 Cards with Sharon 12:00 <b>Community Kitchen Free Lunch!</b> 12:30 Member's Meeting 1:00 Comedy Hour <i>with Jeff</i>	28
29	30	31	<b>UpComing Events:</b> Join Jeff, <b>Thursday's</b> at 11am for his new group- Overcoming Winter Depression. <b>Jan.10 &amp; Jan. 24</b> – 5 Pin Bowling! Please register for this event. <b>Jan. 16</b> –Crock-a-Doodle. Please register for this event. <b>Jan. 19-</b> Robert from Medical Place Pharmacy comes for a Lunch and Learn Presentation		
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**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, and practice the art of meditation.

**Christmas is Over...Now What? With Sarah**

A discussion group on how to deal with the post Christmas period.

**NEW! Overcoming Winter Depression with Jeff**

Learn how depression changes our mood, thinking and behaviour, as well as how to cope with it, with an emphasis on the Winter Blues.

**NEW! 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 people are interested in!

**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! 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.

**NEW! 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!!

**NEW! Quick Draw!**

A friendly drawing and guessing game similar to Pictionary. Anyone can participate and join the fun, no artistic skills required.

**Knot Just Yarn!**

Crafty 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!

**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"

