









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2	3	4	5	6	7
<p>MHNCK Closed Today For Canada Day</p>	<p>10:00 The News & View Breakfast Club 10:30 Community Walk <i>with Jenny</i> 11:00 The Craft Connection <i>with Sam</i> 12:30 Pet Therapy Dog Visits 1:00 Women's Group with Sarah 1:00 Men's Group</p>	<p>Fishing Derby At Wilson's Conservation Area Please sign up for this Trip \$2.00 cost Limited Seating  <i>St. Ursula Parish Meal 4:30-5:30pm</i></p>	<p>10:00 The News & Views Breakfast Club 10:30 Community Walk <i>With Jenny</i> 11:00 Bingo! 12:00 Pepperoni Pizza pre-order by 11am 1:00 Knot Just Yarn & Creative Colouring <i>with Jenny & Sam</i></p>	<p>10:00 Cooking Club 10:30 Walking Club <i>with Sarah</i> 11:00 Ladder Ball <i>with Sarah</i> 12:00 Community Kitchen Free Lunch! 12:30 Dancing through the ages <i>with Brittany</i></p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p>
	8	9	10	11	12
<p>10:00 News & Views Breakfast Club 10:30 Guided Meditation <i>with Sam</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Health Education <i>with Janice</i> 1:30 Hope and Recovery (hospital group)</p>	<p>10:00 The News & View Breakfast Club 10:30 Community Walk <i>With Jeff</i> 11:00 The Craft Connection <i>with Sam</i> 12:30 Uno! 1:00 Women's Group with Sarah 1:00 Men's Group with Jose</p>	<p>10:00 The News & Views Breakfast Club 10:30 Community Walk <i>with Sam</i> 11:00 Pathways to Recovery <i>with Jeff</i> 12:30 Creative Colouring 1:00 Chair Yoga at the Health Plex-Please sign up-no cost</p>	<p>Day at the Beach Swimming, Games & Ice-cream! 10-2  Please sign up for this trip-\$2.00 cost limited seating!</p>	<p>10:00 Cooking Club 10:30 Walking Club <i>with Sarah</i> 11:00 Painter's Corner <i>with Sam</i> 12:00 Community Kitchen Free Lunch! 1:00 Badminton with Sarah</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p>
14	15	16	17	18	19
<p>10:00 News & Views Breakfast Club 10:15 Off site Guided Meditation 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Body Wise <i>with Jenny</i> 1:30 Hope and Recovery (hospital group)</p>	<p>10:00 The News & View Breakfast Club 10:30 Community Walk <i>With Jeff</i> 11:00 The Craft Connection <i>with Sam</i> 12:30 Pet Therapy Dog Visits 1:00 Women's Group with Sarah 1:00 Men's Group with Jose</p>	<p>10:00 The News & Views Breakfast Club 10:30 Community Walk <i>with Sam</i> 11:00 Diabetes Education Session with Jennifer S. 1:00 Farmer's Market Trip <i>St. Ursula Parish Meal 4:30-5:30pm</i></p>	<p>10:00 The News & Views Breakfast Club 10:30 Community Walk 11:00 Photo Scavenger Hunt in Tecumseh Park 12:00 Picnic in Tecumseh Park 1:00 Fun & Games in the Park</p>	<p>10:00 Cooking Club 10:30 Walking Club <i>with Sarah</i> 11:00 Backyard Water Games! 12:00 Community Kitchen Free Lunch! 12:30- Dancing through the ages <i>with Brittany</i></p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p>
20	21	22	23	24	25
<p>10:00 News & Views Breakfast Club 10:30 Guided Meditation <i>with Sam</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Body Wise <i>with Jenny</i> 1:30 Hope and Recovery (hospital group)</p>	<p> Duc d'Orléans II CRUISE BOAT WELCOME ABOARD! Please sign up for this event! \$5.00 cost</p>	<p>10:00 The News & Views Breakfast Club 10:30 Community Walk <i>with Sam</i> 11:00 Pathways to Recovery <i>with Jeff</i> 12:30 Creative Colouring 1:00 Track n' Field Games</p>	<p> Pool party at the Smeenk's! See poster for details- \$2.00 cost</p>	<p>10:00 Cooking Club 10:30 Walking Club <i>with Sarah</i> 11:00 Card Making <i>with Sharon</i> 12:00 Community Kitchen Free Lunch! 12:30 Member's Meeting 1:00 Bocce Ball with Sarah</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p>
27	28	29	30	31	
<p>10:00 News & Views Breakfast Club 10:30 Guided Meditation <i>with Sam</i> 11:00 Music Appreciation <i>with Jeff</i> 12:00 Free Lunch! 1:00 Body Wise <i>with Jenny</i> 1:30 Hope and Recovery (hospital group)</p>	<p>10:00 The News & View Breakfast Club 10:30 Community Walk <i>With Jeff</i> 11:00 Tie Dye! Please bring item To tie dye <i>with Sam</i> 12:30 Uno! 1:00 Women's Group with Sarah 1:00 Men's Group with Jose</p>	<p> WHAT'S HAPPENING IN CHATHAM-KENT?  Save the Date! For registered participants the Niagara Falls trip is September 5-6!</p>			
				<p>July 1 -Canada Day Celebrations in Chatham at Tecumseh Park – band shell entertainment from 12pm – 9pm .Parade at 10:30am beginning on Dover St. Don't have a fishing license? Ontario has Free Fishing Week June 30- July 8th. July 6-8 – Ribfest in Tecumseh Park Free Concerts in Tecumseh Park every Wednesday starting at 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!

Painter's Corner

Learn to relax while exploring your creativity and expressing yourself through the art of painting!

Guided Meditation

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



Summer Trips!

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

Pathways to Recovery

Learn to focus away from diagnosis & symptoms and discover how recovery defines you rather than mental illness.

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 of interest!

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 furry friends!

The Craft Connection with Sam

Join us for a fun art project that is fun and requires no talent! Just a willingness to try.

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.

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!!



Back Yard Fun and Games

The weather is beautiful to enjoy our outdoor space. Join us for a game of badminton, bocce Ball, Ladder ball or even a water game or two!

Knot Just Yarn!

Crafty space for all. Enjoy great cup of coffee/tea and get creative! Bring your current project, 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"

