

# Program Calendar

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# June 2018




71 Raleigh St.  
Chatham, ON  
N7M2M9  
519-351-3100

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p><b>WHAT'S HAPPENING IN CHATHAM-KENT?</b></p> <p>Save the Date! For registered participants the Niagara Falls trip is September 5-6!</p>		<p>June 1 – ACCESS Open Minds Grand Opening. 3-5pm 140 King St. West            May 10-June 6 – You can cast your vote early at the Civic Centre            June 7- Election Day! Be sure to get out and vote today            June 21- Healthy Eating on a Budget. YMCA from 6-7:15pm            June 25 – Community Cuts, free haircuts at the CHC. 9am-12pm</p>		<p>1 Lunch with Rick Nicholls 11:30-1:30 Come out and enjoy a free lunch RSVP by calling 519-351-3100</p>	<p>2 Breakfast served at First Presbyterian Church 9:30-11am</p> <p>3</p>
4	5	6 <b>Ride the Bus for Free Today</b>	7	8	9
<p>10:00 News &amp; 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>            1:00 Cast an Early Ballot Vote at the Civic Centre            1:30 Hope and Recovery (hospital group)</p>	<p>10:00 The News &amp; 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 &amp; Views Breakfast Club            10:30 Community Walk <i>with Sam</i>            11:00 Body Wise <i>with Jenny</i>            1:00 Riverside Ice-Cream Trip            2:15 Young Minds <i>with Jeff</i>  <i>St. Ursula Parish Meal 4:30-5:30pm</i></p>	<p>10:00 The News &amp; Views Breakfast Club            10:30 Community Walk <i>With Jenny</i>            11:00 Goal Setting Strategies with Jeff            12:00 Pepperoni Pizza <b>X Elections Ontario</b> pre-order by 11am            1:00 Knot Just Yarn &amp; Creative Colouring <i>with Jenny</i></p>	<p>10:00 Cooking Club            10:30 Walking Club <i>with Sarah</i>            11:00 Card Making <i>with Sharon</i>            12:00 <b>Community Kitchen Free Lunch!</b>            1:00 Back Yard Fun &amp; Games</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p> <p>10 Hot Meal served at Emmanuel Baptist Church 4-5pm</p>
11	12	13	14	15	16
<p>10:00 News &amp; 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>            1:00 Wal-Mart Shopping Trip            1:30 Hope and Recovery (hospital group)</p>	<p>10:00 The News &amp; 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 &amp; Views Breakfast Club            10:30 Community Walk <i>with Sam</i>            11:00 Chair Yoga at the Health Plex            1:00 Health &amp; Beauty-Hand Care <i>with Jenny</i>            2:15 Young Minds <i>with Jeff</i></p>	<p>10:00 The News &amp; Views Breakfast Club            10:30 Community Walk <i>With Jenny</i>            11:00 Goal Setting Strategies with Jeff            12:00 Pepperoni Pizza pre-order by 11am            12:30 Afternoon at the Tecumseh Park</p>	<p>Please Sign up for this event at MHNCK</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p> <p>17  HAPPY FATHER'S DAY</p>
18	19	20	21	22	23
<p>10:00 News &amp; Views Breakfast Club            10:30 Strawberry Picking! Bring \$ to pick your own.            12:00 <b>Free Lunch!</b>            1:00 Music Appreciation </p>	<p>10:00 The News &amp; 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 &amp; Views Breakfast Club            10:30 Community Walk <i>with Sam</i>            11:00 Body Wise <i>with Jenny</i>            1:00 Farmer's Market Trip            2:15 Young Minds <i>with Jeff</i>  <i>St. Ursula Parish Meal 4:30-5:30pm</i></p>	<p><b>Day at the Beach</b> Swimming, Games &amp; Ice-cream! 10-2  Please sign up for this trip- limited seating! <b>7:00-9:00 Family Support Group</b></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 <b>Community Kitchen Free Lunch!</b>            12:30 Member's Meeting            1:00 Back Yard Fun &amp; Games</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p> <p>24</p>
25	26	27	28	29	30
<p>10:00 News &amp; 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>            1:00 Bingo!            1:30 Hope and Recovery (hospital group)</p>	<p>10:00 The News &amp; 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><b>Mortgage Burning Party!</b> MHNCK opens at 4pm today Please sign up for this event</p>	<p>10:00 The News &amp; Views Breakfast Club            10:30 Community Walk <i>With Jenny</i>            11:00 Goal Setting Strategies with Jeff pre-order by 11am            1:00 Knot Just Yarn &amp; Creative Colouring <i>with Jenny</i></p>	<p>10:00 Cooking Club            10:30 Walking Club <i>with Sarah</i>            11:00 Jeopardy <i>with Jenny</i>            12:00 <b>Community Kitchen Free Lunch!</b>            1:00 Back Yard Fun &amp; Games</p>	<p>Breakfast served at First Presbyterian Church 9:30-11am</p>

<b>General Members Meeting</b> 
<i>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!</i>
<b>Painter's Corner</b>
Learn to relax while exploring your creativity and expressing yourself through the art of painting!
<b>Guided Meditation</b>
Take time out today to meditate! Together we will learn how meditation adds value to our lives.
 <b>Summer Trips!</b>
<i>We have a variety of summer trips. Be sure to check them out and sign up early as these trips fill up fast!</i>

<b>Goal Setting Strategies with Jeff</b>
Learn how to set realistic goals and create the action steps to get there.
<b>Sit &amp; Stretch</b>
A new fitness program that will help you increase your range of motion, strengthen muscles and condition your entire body!
<b>Women's Group with Sarah</b>
A support group for women of all ages. Join women from our community who understand.
<b>Local Shopping</b>
<i>What's more fun than shopping...SHOPPING WITH FRIENDS! Join us as we travel to a local destination of interest!</i>

<b>Young Minds</b>
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
<b>Cards with Sharron</b>
This creative group will teach you how to make beautiful handmade cards for any occasion!
<b>Pet Therapy Dog Visits</b>
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!
<b>The Craft Connection with Sam</b>
Join us for a fun art project that is fun and requires no talent! Just a willingness to try.

<b>Men's Group with Jose</b>
A support group for men of all ages. Join men from our community who understand.
<b>Health Education Session</b>
Janice Dudley a Nurse from CKHA who teaches techniques and strategies for healthy living and personal care.
 <b>Brain Games</b>
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.

<b>Body Wise</b>
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!!
 <b>Health and Beauty</b>
This group features a variety of information around health and beauty. Example, summer hair styles, or how to apply makeup, self care.
<b>Knot Just Yarn!</b>
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!

<b>Community Walk</b>
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!
<b>Creative Colouring</b>
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
<b>Diabetes Education Sessions</b>
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"*

