

Program Calendar

www.mhnck.com



October 2018



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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---|--|--|---|--|---|
| 1 10:00 The News & View Breakfast Club 10:15-12:00 Cooking Real Food on a Budget with Sam & Sarah *Pre-registration is required* 12:00 Free Lunch! 11:00 Music Appreciation with Jeff 1:00 ♥ The Skin Your In with Jenny | 2 10:00 The News & View Breakfast Club 10:15 Guided Meditation with Sam 11:00 Brain Games with Jeff 12:30 Pet Therapy Dog Visits 1:00 Women's Group with Sarah 1:00 Men's Group with Jose 2:10 WRAP with Jeff | 3 10:00 The News & View Breakfast Club 10:15 Minute to Win it with Jeff 11:00 Fun and Games with Mackenzie 12:00 Pepperoni Pizza pre-order by 11am 1:00 Farmer's Market St. Ursula Parish Meal 4:30-5:30pm | 4 5:00-8:00pm Annual AGM & Thanksgiving Celebration at "Aristo's" Dinner & Dance to follow meeting Please Register for a free Ticket to this event! | 5 10:00 The News & View Breakfast Club 10:30 Community Walk 11:00 Craft Connection with Sam 1:00 Fantastic Fall Book Sale at the Chatham Public Library | 6 Breakfast served at First Presbyterian Church 9:30-11am |
| 8 MHNCK Closed for Thanksgiving | 9 10:00 The News & View Breakfast Club 10:15 Guided Meditation with Sam 11:00 ♥ The Skin Your In with Jenny 1:00 Women's Group with Sarah 1:00 Men's Group with Jose 2:10 WRAP with Jeff 6:00 Movie-A Star is Born – Cost \$5 | 10 Bonfire & Hayride! 3 – 7:30 Please sign-up early as this event has Limited seating Cost:\$2.00 | 11 10:00 The News & View Breakfast Club 10:45 Chair Yoga with Sam at the Health Plex 11:00 Games with Mackenzie 1:00 Pathways to Recovery With Jeff | 12 10:15 Cooking Club 10:30 Community Walk 11:00 Card Making with Sharon 12:00 Community Kitchen Free Lunch! 1:00 5-Pin Bowling -cost \$2.00 | 13 Breakfast served at First Presbyterian Church 9:30-11am |
| 15 10:00 The News & View Breakfast Club 10:30 Card games 11:00 Music Appreciation with Jeff 12:00 Free Lunch! 1:00 Health Education with Janice 1:30 Hope and Recovery (hospital group) | 16 10:00 The News & View Breakfast Club 10:15 Guided Meditation with Sam 11:00 ♥ The Skin Your In with Jenny 12:30 Pet Therapy Dog Visits 1:00 Women's Group with Jenny 1:00 Men's Group with Jose 2:10 WRAP with Jeff | 17 10:00 The News & View Breakfast Club 10:15 Brain Games with Jenny 11:00 Diabetes Education Session with Jennifer S. 1:00 Farmer's Market St. Ursula Parish Meal 4:30-5:30pm | 18 Sign up early for a trip to the orchard in Leamington, apple picking, wagon ride, pumpkin patch, corn maze! Lunch included. Cost:\$2:00 from 10-2 7:00-9:00 Family Support Group | 19 10:15 Cooking Club 10:30 Community Walk 11:00 Card Making with Sharon 12:00 Community Kitchen Free Lunch! 1:00 Karaoke at Hope House | 20 Breakfast served at First Presbyterian Church 9:30-11am |
| 22 ELECTION DAY! 10:00 The News & View Breakfast Club 10:30 Yahtzee! 11:00 Music Appreciation with Jeff 12:00 Free Lunch! 1:00 Bingo! 1:30 Hope and Recovery (hospital group) | 23 10:00 The News & View Breakfast Club 10:15 Guided Meditation with Sam 11:00 Crock-a-doodle cost: \$2.00 1:00 Women's Group with Sarah 1:00 Men's Group with Jose 2:10 WRAP with Jeff | 24 UNCLE TOM'S CABIN Please sign up for this trip Cost:\$2.00 | 25 10:00 The News & View Breakfast Club 10:45 Functional Fitness-Health Plex 11:00 Pictionary! 1:00 Pathways to Recovery With Jeff | 26 10:15 Cooking Club 10:30 Community Walk 11:00 Craft Connection with Sam 12:00 Community Kitchen Free Lunch! 1:00 5-Pin Bowling -cost \$2.00 | 27 Breakfast served at First Presbyterian Church 9:30-11am |
| 29 10:00 The News & View Breakfast Club 10:30 Uno! 11:00 Music Appreciation with Jeff 12:00 Free Lunch! 1:00 Wal-Mart Shopping Trip 1:30 Hope and Recovery (hospital group) | 30 10:00 The News & View Breakfast Club 10:15 Guided Meditation with Sam 11:00 ♥ The Skin Your In with Jenny 1:00 Women's Group with Sarah 1:00 Men's Group with Jose 2:10 WRAP with Jeff | 31 TRI-COUNTY HALLOWEEN PARTY! Please Sign Up for This Event. See Poster for details | WHAT'S HAPPENING IN CHATHAM-KENT? October 1 – Free Haircuts at the Community Health Centre-starting at 9am October 1-15 – Voting starts online-see your voter's card for details October 13 – Free admission into Point Pelee National Park October 22- Municipal Elections, have your say and vote 7 pm Wednesday's catch a Movie at at the Capitol Theatre - \$5.00 | | |

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@mhcnk.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 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!

The Craft Connection
Join us for an art project that is fun and 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!

Election Day
Don't forget to vote on October 22. If you want to vote online it starts on Oct. 1. See your voter's card for details.

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!!

Real Food on a Budget
In this group you will learn about healthy meal planning, budgeting, and preparation! We will show you how to use the sales flyers to your advantage and help you with transportation to and from the store. Sign Up Limited Spots

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

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"

