

# August 2020

**Community Connections: Housing & Support**  
519-371-2390



Canadian Mental Health Association  
Grey Bruce  
Mental Health and Addiction Services

| S u | M o n   | T u e   | W e d   | T h u  | F r i   | S a t |
|-----|---|---|---|--|---|-------|
|     |   |   |   |  |   | 1     |
| 2   | 3<br>Civic Holiday<br>Office Closed   | 4 Bocce Ball<br>Ryerson Park<br>11:00 – 12:00<br><br>Colouring at<br>Tom Thomson<br>Pavilion 2:00 – 3:00<br>Bike Ride to Harrison<br>Park 2:00 – 3:00 | 5 Flag Trivia<br>At CMHA Labyrinth<br>11:00 – 12:00<br><br>Zentangle Art<br>At Kelso Beach<br>2:00 – 3:00             | 6 Walk to the Bayshore<br>Gardens 11:00 – 12:00<br><br>Visit Billy Bishop Museum<br>Cost – \$3.00 1:00 – 2:00<br><br>Evening Pickleball at the<br>office 5:00 – 6:00 | 7 Gentle Stretch<br>At the CMHA Labyrinth<br>11:00 – 11:30 or<br>11:45 – 12:15<br><br>Photography Summer Pho-<br>to Fun (Meet at office) 2:00 –<br>3:00 | 8     |
| 9   | 10 Flower Sketching<br>At CMHA Garden<br>11:00 - 12:00<br><br>Conversation Café<br>At Alexander Park<br>2:00 - 3:00   | 11 Bike Hike to<br>Nine Bends Road<br>2:00 - 3:00<br><br>Pickleball<br>At Office<br>5:00 - 6:30   | 12 Croquet Game<br>At CMHA Garden<br>11:00 - 12:00<br><br>Birdhouse Building<br>at the office<br>4:30 - 6:00          | 13<br><br>Get to know you ...<br>At Charlie Kelly Park<br>11:00 - 12:00  | 14 Chair Yoga<br>CMHA Garden<br>11:00 - 12:00<br><br>Music/Poetry in the<br>CMHA Garden<br>2:00 - 3:30<br>(Bring a blanket/lawn chair)                  | 15    |
| 16  | 17 Zentangle Art<br>At CMHA Garden<br>11:00 - 12:00<br><br>Washer Toss Game<br>At Alexander Park<br>2:00 - 3:00       | 18 Bike Ride to<br>Soccer Fields<br>2:00 - 3:00<br><br>Pickleball<br>At Office<br>5:00 - 6:30   | 19 Bocce Ball<br>At CMHA Garden<br>11:00 - 12:00<br><br>Geocaching<br>Meet at office<br>2:00 - 3:30                   | 20<br><br>Take a Walk<br>At Nine Bends Road<br>11:00 - 12:30   | 21 Word Games<br>At CMHA Garden<br>11:00 - 12:00<br><br>Croquet game—outside<br>at Lutheran Church<br>2:00 - 3:00                                       | 22    |
| 23  | 24 Conversation Café<br>At CMHA Garden<br>11:00 - 12:00<br><br>Affirmation Stones<br>At Alexander Park<br>2:00 - 3:00 | 25<br><br>Pickleball<br>At Office<br>5:00 - 6:30  | 26 Washer Toss<br>At CMHA Garden<br>11:00 - 12:00<br><br>Affirmation Stones<br>At Marine & Rail Museum<br>2:00 - 3:00 | 27<br><br>Walk the Harbour and<br>view the Art Flags<br>Meet at office<br>11:00 - 12:00  | 28<br><br>Chair Yoga<br>At CMHA Garden<br>11:00 - 12:00   | 29    |
| 30  | 31 11:00 - 12:00 Mindful<br>Breathing - CMHA Garden<br>2:00 - 3:00 ~ Get to know<br>you... Alexander Park             |   |   |  |   |       |