



Teams Offices: 425 10th St. Hanover, ON Unit 8, N4N



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00-11:30 DIY Fall Table Arrangement	4 No Group Today	5 No Group Today	6 12:00 -3:00 Thanksgiving Lunch at the Loft SIGN UP	7 No Group Today
10 Happy Thanksgiving! No Group Today	11 No Group Today	12 No Group Today	13 Thrift Store Shopping in Guelph Meet at the Loft 9:00 am SIGN UP	14 1:30-3:00 Inked Glass Lanterns
17 10:00-11:30 Rise N Shine Plan the November Calendar	18 1:30-3:00 Creative Journaling	19 No Group Today	20 10:00-11:30 Papier Mache Sculpture	21 1:30-3:00 History can be fun with Rebecca
24 10:00-11:30 Rise N Shine Drop in for good coffee and company! 	25 1:30-3:00 Fun and Games	26 No Group Today	27 12:00-3:00 Halloween Party Launch Pad 612 10th St, Hanover	28 1:30-3:00 Beginners Drawing
31 10:00-11:30 Rise N Shine Drop in for good coffee and company! 				

Please call Verity 519-371-3642 Ext-2001 to sign up or with any questions

Wearing a mask during groups is encouraged

Please remember water and sunscreen for outdoor activities

ACTIVITY GUIDE

Rise N Shine

A positive start to the week. Join us for mindfulness colouring, word searches, puzzles and conversation.

Fall Table Arrangements

Create a decorative arrangement with cozy fall appeal.

Thanksgiving Meal

Enjoy Thanksgiving lunch with the Loft - 290 10th St, Hanover. 12:00-3:00. Please sign up for this event.

Thrift Store Shopping Trip To Guelph

Find treasures in the city of Guelph's thrift shops. Meet at the Loft at 9:00 am. Please sign up for this event - space will be limited.

Creative Journaling

Experiment with different creative journaling practices. Express yourself through drawing, collage, list making, painting, poetry or whatever works for you.

Papier Mache Figure Sculptures

Meet for the first session of papier mache figure sculpting. Transform wire, paper, flour and water into imaginative figures.

History can be fun with Rebecca

Come join Rebecca and discover how History can be fun! We will look at pictures, read about people who have shaped history, listen to music while having fun with the process!

Inked Glass Lanterns

Make a coloured glass lantern by experimenting with a new ink material.

Fun and Games

Let the games begin! You are invited to join in a selection of games, including Scattergories, Scrabble, Things, Apples to Apples and card games as a small group.

Halloween Party

Join us for Halloween festivities with the CMHA Social Recreation sites at the Launch Pad - 612 10th St, Hanover. 12:00- 3:00

Beginners Drawing

Learn or develop drawing skills. Drawing activities will be introduced to the group.

OCTOBER 2022

GROUP SERVICES

Hanover



Group Services offer social recreation and life skill-based activities for adults, including games, wellness talks, culture, fitness and artistic expression. Join us to create community, develop skills, and share your strengths with an inclusive group.

Please Call Verity with any questions.
519 371-3642 (ext:2001)