

Connecting with others ...

Let's talk about building confidence! Join us on the **3rd** to chat about confidence and how we can practice improving how we feel about ourselves.

Join us for meet n' greets at the café! Have a coffee on us and sit and chat! Please **see calendar for dates**

Conversation café, remembering veterans. As Remembrance Day approaches, lets take some time to sit and reflect in remembrance of the veterans who served for our country. **November 10th 11-12 above the Boot n' Blade**

On **November 11th, Remembrance Day**, join us in walking to the cenotaph to show support for the towns and veterans in joining the Remembrance Day service. Meet at the **housing office for 10:30**

Creativity for the Mind and Soul

Santa's work shop will be a time and space to create if you have products to sell at our Christmas Bazar. This will be held at **Union Pace from 11-12**, please check the calendar for dates!

Join us for some fun crafts this month! Making mandala's on **the 7th in the Library board room**, and relaxation colouring on **the 14th above the Boot n' Blade**

Aromatherapy is good for the mind and the nose! Join us to make scented playdough for a relaxing and grounding sensory experience that you can take home.

Come and share your photography photographs on the 29th! Take this opportunity to show off your art and share your beautifully captured moments.

Wellness

Join us for an entertaining and educational documentary! **On November 30th at 1:30**, and popcorn will be provided!

Lets talk: holiday budgeting. Lets chat about holiday budgeting and learn how to budget properly to prepare for the holidays. **November 24 at 1:30**

Yoga will continue through the month of November! Join for some stretching and relaxations through a guided yoga practice. **See calendar for dates and times**

Healthy kitchen returns this month with two tasty days! We will join at **Union place on November 2nd** to make a Taco Dish, and then return to **St. Andrews on the 21st** to create home made spices!

Social /Recreational Activities

Our hiking series with Jim continues into November! Join us for fresh air and movement as we join Jim on another spectacular hike. **November 4th, meet at the housing office at 1:15**

PUCK PIGS RETURN! Lets kick off the long anticipated hockey season! **November 8th, 15th, and 22nd. Meet at the Julie MacArthur Centre at 2pm** to dress and be on the ice for **2:30**. Spectators are welcome and encouraged to bring their loudest cheers! Contact Kyle or Shawna if you are interested in playing this season.

Lets have a game day! **November 16th at Union Place** we will be having another fun game day! Join in playing card games, board games, or pool!

Thrifting! Join us on a thrifting shopping trip to Colingwood, where we will tour the different thrift shops in the towns along the way. Perfect for holiday shopping on a budget and to check out thrift shops outside of our town! **November 25th.**

November 2022

Program Descriptions

GROUP SERVICES

COMMUNITY CONNECTIONS
HOUSING AND SUPPORT



Please call Kyle (1330)

Or Shawna (1334)

at 519-371-3642

We are a Community Mental Health Program which offers skill based and social recreational groups for adults.

A program of **CMHA Grey Bruce** Mental Health and Addictions Services funded by the Ministry of Health & Long Term Care.

*****Remember*** weather may affect our Programming....if you are not sure please call the office. Please be aware that some activities may pose a risk of injury and you are participating in Groups at your own risk.**