



May 2024

GROUP SERVICES



Teams Offices: 425 10th St. Hanover, ON Unit 8, N4N 1P8

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		No Group Today Loft Drop-in 10:00-12:00	1:00 - 3:00 DIY Mental Health Silk Screen Shirt *Bring Shirt to Print Meet at the Loft	10:00—11:30 Ashanti Morning Meet at Ashanti 1:30 - 3:00 Drop In Meet at the Loft
MENTAL HEALTH WEEK 6 10:00—11:30 Rise N Shine 1:00- 3:00 Act For Change BBQ	7	8	9	10
	12:00 Mental Health Week Celebration Meet at Heritage Square	No Group Today Loft Drop-in 10:00-12:00	No Group Today	1:30- 3:00 Scavenger Hunt Meet at the Loft
13	14	15	16	17
10:00—12:00 Rise N Shine Members' Meeting	10:00 Trail Walk Meet at the Loft 1:30-3:00 Creative Journaling	No Group Today Loft Drop-in 10:00-12:00	10:00 - Swimming at the P&H Centre \$6.50 Meet at Loft 1:30- 3:00 Kitchen Social "Dump Cake" Meet at Loft	1:30- 3:00 Games Afternoon "President" Meet at the Loft
20	21	22	23	24
No Group Today	No Group Today	No Group Today Loft Drop-in 10:00-12:00	8:15 Stacked Breakfast Meet at the Loft - 8:15 for ride 1:30-3:00 Monotype Prints	1:30 -3:00 Collaborative Painting Meet at the Loft
27	28	29	30	31
10:00—12:00 Rise N Shine Book Club	9:30 Shop Around Town Meet at the Loft	No Group Today Loft Drop-in 10:00-12:00	11:00 Neustadt Outing Meet at the Loft	1:30- 3:00 Horticulture Workshop - Outdoor Potted Plants Meet at the Loft

Please call Verity 519-371-3642 Ext-2001 to sign up or with any questions
 Please remember water and sunscreen for outdoor activities

ACTIVITY GUIDE

DIY Mental Health Week T-shirt

Come create a t-shirt of your own using our contest winner's t-shirt design. Bring your own shirt for silk screen print. **Meet at The Loft**

Rise N Shine

A positive start to the week. Come for adult colouring, word searches, puzzles, games and conversation.

Act for Change BBQ

Learn about CMHA Grey Bruce Programs, take part in silent action and enjoy some BBQ. Cost: by donation. Proceeds supporting problem gambling and choices programs. **Speak to staff about a ride or meet there**

Mental Health Week Celebration

Join us for a Mental Health Week Celebration including lunch, outdoor games and activities. **Meet at Heritage Square**

Scavenger Hunt

Collect listed items in the community and return to The Loft to share and compare lists. **Meet at The Loft**

Creative Journaling

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

Adult Swim at the P&H Centre

An open swim for adults and seniors 10:15-11:15. Sign up required. Cost: \$6.50 - adult, \$5.75 - seniors. **Speak to staff about at ride from the loft at 10:00 or meet there.**

Kitchen Social

The party always ends up in the kitchen! Join us to create and enjoy a meal with good company. This month's recipe: Dump Cake. **Meet at The Loft**

Games Afternoon

Let the games begin! You are invited to join in a game of "President" and a slice of dump cake. **Meet at The Loft**

Collaborative Painting Group

Ongoing collaborative painting meeting. Join us to plan and paint a large scale work of art. **Meet at The Loft**

Monoprints

Experiment with different methods and materials for creating printed artwork.

Neustadt Outing

Shopping and Lunch at Noah's Inn in Neustadt. Sign up required - **Meet at the Loft at 11:00 for a ride.**

Horticulture Workshop

Join us to create a potted flower arrangement for your outdoor space. **Meet at The Loft**

MAY 2024

GROUP SERVICES

Hanover



Group Services offer social recreation and life skill-based activities for adults. 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)