







JULY 2024

GROUP SERVICES



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>No Group Today Canada Day</p>	<p>2</p> <p>10:00–12:00 Scrabble Morning Meet at The Loft</p>	<p>3</p> <p>No Group Today</p>	<p>4</p> <p>1:00 -3:00 Colouring Book Project Meet at The Loft</p>	<p>5</p> <p>10:30 Swimming at the P&H Centre - \$5.00 Meet at Loft at 10:15 for a ride 1:00- 3:00 Collaborative Painting Meet at The Loft</p>
<p>8</p> <p>10:00–12:00 Rise N Shine Member's Meeting 1:00 - 3:00 Social Drop In Meet at The Loft</p>	<p>9</p> <p>10:00-12:00 Breakfast Club Cost - \$3.00 Meet at The Loft</p>	<p>10</p> <p>No Group Today</p>	<p>11</p> <p>10:00–12:00 Drawing En Plein Air At Heritage Park</p> 	<p>12</p> <p>10:30 - Swimming at the P&H Centre - \$5.00 Meet at Loft 10:15 for a ride 1:00 -3:00 - Kitchen Social Jar Salad with Fay</p>
<p>15</p> <p>10:00–12:00 Rise N Shine Crafting Workshop 1:00-3:00 Group Birthday Party Meet at Heritage Park</p>	<p>16</p> <p>9:30 Keady Market Meet at The Loft</p>	<p>17</p> <p>No Group Today</p>	<p>18</p> <p>No Group Today</p>	<p>19</p> <p>No Group Today</p>
<p>22</p> <p>10:00–12:00 Rise N Shine Goal Club Preview</p>	<p>23</p> <p>1:00-3:00 Creative Journaling</p>	<p>24</p> <p>No Group Today</p>	<p>25</p> <p>Hanover Camp Day (10:00 am for rides and set up) Cost: \$5.00 Meet at Loft</p>	<p>26</p> <p>10:30 - Swimming at the P&H Centre - \$5.00 Meet at Loft 10:15 for a ride 1:00- 3:00 - Euchre Tournament Meet at Loft</p>
<p>29</p> <p>10:00–12:00 Rise N Shine Poezie Book with Brenda (Dutch Poetry Book)</p>	<p>30</p> <p>1:00-3:00 Horticulture Workshop Garden Stepping Stones</p> 	<p>31</p> <p>No Group Today</p>		

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

Colouring Book Project

Group Services is creating an adult colouring book. Contribute with your creativity, ideas, illustrations and/or organizational skills as we work together on this project. **Meet at The Loft**

Adult Swim at the P&H Centre

An open swim for adults.

10:30am -11:30am - **Cost: \$ 5:00**

Speak to staff about a ride from the loft or meet there.

Collaborative Painting

Ongoing collaborative painting gathering. Join us as we work together on a large scale work of art. **Meet at The Loft**

Rise N Shine

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

Breakfast Club

Speak to staff to sign up to host and/or attend breakfast at the Loft. Some say it is the most delicious meal of the day! Cost: \$3.00 (when not hosting). **Meet at The Loft**

Drawing En Plein Air

A morning of sketching outdoors. Be inspired by the beautiful gardens and outdoor scene at Heritage Square. All materials are provided. **Meet at Heritage Square**

Kitchen Social

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

Group Birthday Party

Happy Summer/Spring Birthday! Let's celebrate together at Heritage Square! **Meet at Heritage Square**

Keady Market

Stroll through rustic alleys packed with 250 vendors selling produce, home baking, antiques, crafts and other goods. **Meet at the Loft**

Creative Journaling

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

Hanover Camp Day

Connect with the Social Recreation groups of Grey Bruce during Camp Days! This month we meet at Karl Wilkens Park for BBQ, games and prizes. **Cost : \$5.00 Speak to staff about getting there.**

Horticulture Workshop

Learn how to create a decorative garden stepping stone with concrete, rock and glass gems.

Crafting Workshop

Get crafty with an assortment of provided materials or bring your own project to work on with company.



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

-JULY 2024

GROUP SERVICES **Hanover**



Group Services offer social recreation and life skill-based activities for adults living with mental health and/or addiction. Join us to create community, develop skills and share your strength with an inclusive group.

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