



AUGUST 2024

GROUP SERVICES



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00–12:00 Social Drop In Meet at The Loft	2 10:30 Swimming at the P&H Centre - \$5:00 Meet at 10:15 @ Loft for a ride 12:00 McDonalds Lunch Meet at The Loft
5 No Group Today	6 No Group Today	7 No Group Today	8 1:00 - 3:00 Reading in the Park Meet at the Loft for a ride	9 10:30 Swimming at the P&H Centre - \$5:00 Meet at 10:15 @ Loft for a ride 1:00 -3:00 Collaborative Painting Meet at The Loft
12 Camp Day Kincardine Meet at the Loft for a ride 10:00	13 1:00 -3:00 Pass the Painting	14 No Group Today	15 10:00–12:00 Colouring Book Project Meeting	16 10:30 Swimming at the P&H Centre - \$5:00 Meet at 10:15 @ Loft for a ride 1:00 -1:15 Laughter Yoga 1:25-3:00 Euchre Tournament Meet at The Loft
26 10:00–12:00 Rise N Shine Yarn Painting	27 10:00 -12:00 Creative Journaling	28 No Group Today	29 10:00- 12:00 Horticulture Workshop - Stepping Stones	30 10:30 Swimming at the P&H Centre - \$5:00 Meet at 10:15 @ Loft for a ride 1:00 -3:00 Kitchen Social 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

Adult Swim at the P&H Centre

An open swim for adults.

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

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

Reading at the Park

Bring a good book to enjoy at beautiful Karl Wilken Park. Colouring and sketching materials will be provided.

Collaborative Paining

Meet for a collaborative painting gathering. Join us as we work together on largescale works of art.

Meet at The Loft

Kincardine Camp Day

Connect with the Social Recreation groups of Grey Bruce during Camp Days! This month we gather in Kincardine for a tour of the local lighthouse, beach boardwalk, trip to the market and BBQ Lunch. Speak to staff about attending and transportation to this event. Cost - \$5.00

Pass the Painting

A playful group effort where after 10 minutes of painting the canvas is passed to a new person for their 10 minute contribution. This process continues until everyone has made their mark on each canvas.

Colouring Book Project

Group Services is creating an Adult Colouring Book. Contribute with your creativity, ideas, illustrations and/or or-

Laughter Yoga

Laughter yoga uses playful movement and breathing exercises to encourage laughter and promote feelings of joy. Join us to give it a try.

Rise N Shine

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

Keady Market

Stroll through rustic alleys packed with 250 vendors selling produce, home baking, antiques, craft and other goods.

Meet at The Loft for a ride

Creative Journaling

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

Kitchen Social

The party always ends up in the kitchen! Join us to create and enjoy a meal with good company. This month we create sourdough "starter" and enjoy ice cream sundaes.

Meet at The Loft



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

AUGUST 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 strengths with an inclusive group.

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