

# December at the Dory

Call Stacey to Sign Up 519-371-3642 ext 3001

Monday - Thursday 8:30-4:30

\*Reminder to please stay home if feeling unwell\*

| <i>M o n d a y</i>  | <i>T u e s d a y</i>  | <i>W e d n e s d a y</i>   | <i>T h u r s d a y</i>  | <i>F r i d a y</i>        |
|---|---|--|---|---------------------------|
| <b>2.</b><br>1:00 -Christmas Craft<br>Porch Gnome<br><b>(sign up)</b>                     | <b>3.</b><br><b>Dory North Port Elgin</b><br>Faith Lutheran Church<br><b>11:00-Lunch</b><br><b>12:00-Games</b>                              | <b>4. Stacey in Owen Sound</b><br><br><b>Dory open 2:00</b><br>Christmas Decorating<br>Day<br>Hot chocolate bar                      | <b>5. 10:00</b><br>Coffee at Tim Horton's<br><b>1:00</b><br>Christmas Movie<br>Matinee  | <b>6. Closed Fridays</b>  |
| <b>9.</b><br>1:00- Pet Therapy<br><br><b>1:00-Christmas Manicures</b><br><b>(sign up)</b> | <b>10.</b><br><b>Dory North Port Elgin</b><br>Faith Lutheran Church<br><b>11:00-Lunch</b><br><b>12:00-Christmas Crafts</b>                  | <b>11. 11:30</b><br><b>United Church Lunch</b><br>(sign up)<br><br><b>1:00 Christmas Crafts</b>                                      | <b>12. 10:00</b><br>Coffee at Tim Horton's  | <b>13. Closed Fridays</b> |
| <b>16.</b><br><br><b>1:00</b><br>Christmas Baking   | <b>17.</b><br><b>Dory North Port Egin</b><br>Faith Lutheran Church<br><b>11:00-Christmas Lunch</b><br><b>12:00-Christmas Carol</b><br>Bingo | <b>18.</b><br>Dory open 11:30<br><b>12:00 Christmas Lunch</b><br><b>\$2.00(sign up)</b><br><b>1:30-3:30</b><br>Christmas Carol Bingo | <b>19. 10:00</b><br>Coffee at Tim Horton's<br><b>11:30 Healthy Kitchen</b><br><b>\$2.00 (sign up)</b><br><b>2:00</b><br>Shuffleboard<br>(Meet at Grey Matter) | <b>20. Closed Fridays</b> |
| <b>23.</b><br><br><b>1:00</b><br>Secret Santa<br>Gift Exchange<br><b>(sign up)</b>        | <b>24. No Dory North</b>  | <b>25. Closed</b><br><b>Christmas Day</b>  | <b>26. Closed</b><br><b>Boxing Day</b>  | <b>27. Closed Fridays</b> |
| <b>30.</b><br><br><b>1:00</b><br>Ukulele/Music<br>afternoon                               | <b>31. No Dory North</b>  |  |   |                           |

## Who are we?

The Canadian Mental Health Association (CMHA) Grey Bruce Branch, is part of a national not-for-profit organization with approximately 135 branches. The CMHA, founded in 1918, is one of Canada's oldest voluntary associations and is the only one that deals with all aspects of mental health and mental illness.

## Our Vision

A community which values human dignity and in which each person is supported in achieving optimum mental and emotional health and well being.

## Our Mission

To provide programs and services that support the resilience and recovery of people experiencing mental disorders and to enhance, maintain and promote the mental and emotional health of all individuals in Grey and Bruce county.

## Our Core Values

We value:

1. Consumer-centred programs and services
2. Accountability in delivery of service
3. Innovation in program design and implementation
4. Collaboration through partnerships
5. A holistic approach

*And we celebrate diversity  
and a sense of belonging  
in the community*

**The Dory** is a social, recreational program of the CMHA.

This program provides opportunities for people with mental health issues to meet others in an informal, relaxed and friendly environment.

Social interaction with others and assistance to connect with activities within the community is also available through the Leisure Links Program.



# The Dory

## December 2024

**Social Recreation &  
Rehabilitation Site**

**865 Queen Street,  
Kincardine, ON**

**[www.greybruce.cmha.ca](http://www.greybruce.cmha.ca)**

**1-888-451-2642 Ext 3001**