

CMHA Grey Bruce
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The Chatter

Chatter email
Unionplacechatter
@gmail.com

November – December 2024



Bazaar time



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

Bowling
and
Banana splits
that's the
life!



November Happenings At Union Place by Pat Redin

Our brave Nancy is holding a celebration of her life on Thursday, Nov. 28th so that we can show her how much we love her, and say goodbye.

On Nov. 1st, we went to Mary's farm and had some delicious soup & hot chocolate in her barn. We got to brush the horses and treat them to apples & carrots. Their names are Bailey and Blondie.

We enjoyed our annual Christmas Bazaar on the 14th. Every seller there had great crafts to offer & there was a baking table there who sold scrumptious pumpkin pies. I know because I bought one & it didn't take long for me to gobble it all up.

On the 6th, we had lunch at Stacked Restaurant on the west side. They gave me so many sausages for my brekky, I had to take some home. On the 11th, some members went to the cenotaph for the Remembrance Day ceremony. In the afternoon, we made Christmas cards. On the 15th, we all enjoyed some banana splits. I put homemade strawberry jam on mine. Oh oh - ever delish! Some members joined Gávan to make Lego stuff on the 21st. We played some fun games the next day for our monthly birthday bash. Was it ever fun making ugly Christmas shirts on the 25th? You should have seen the creations!

Volunteer at Second Chance Animal Sanctuary and Rescue animal shelter

Last week we had clients and staff from CMHA Grey Bruce Mental Health and Addictions Services visit the farm and help out with some chores!! Thank you so much.... we know the animals loved the cuddles and clean barn!





Xmas cheer

Xmas cheer makes me shed a tear ,

This beautiful event, money well spent ,

Bringing people and family's together and

Share a joyful Christmas dinner .

**Christmas delight chocolate treats for that sweet
tooth.**

Happy holiday to all, watch that slippery fall.

**Glide into the new year and keep positive mental
awareness.**

Merry Christmas everyone

With Christmas getting closer, it very important that you start pacing yourself so you are not so stressed out when Christmas is here.

Here is some ideas that came from. Psychological Health Care .

Decide what matters to you this Christmas

Honestly, this is probably the most important factor in being able to really enjoy the festive season. But it isn't easy. We're conditioned to have a certain idea (or ideal!) of Christmas, based on nostalgia, advertising, and social media to name just a few. The pressure comes from everywhere to do more, buy more, decorate more, give more, eat more. More lights, more glitter, more joy. But potentially more stress and more disappointment if you feel like you're not living up to it all.

If you can let go of all that pressure and focus on the things that matter to YOU, whether it's going all out to turn your home into Santa's Grotto, or paring back your decorations completely. Maybe you want to take a few days with your immediate family to just be. Maybe you're working over Christmas and need others to step up and help you organize. Whatever it is, figure it out and go from there.

Make a Christmas list of stuff you WANT to do (not have to do)

Back to all those lists... For years, I only ever made lists of Christmas chores, errands to be run, shopping lists, and basically all the stuff I HAD to get done. Boring lists, basically. Then someone mentioned to me that they'd written a list of all the Christmas movies they wanted to watch, which was quite the revelation. Fun lists – who knew? This simple concept had never occurred to me.

This year I've booked a few Christmas activities for December: ice skating, Christmas market, and a Santa visit. But the schedule is relaxed and there will be plenty of time for quietly preparing a stress - Christmas isn't a Season, It's a Feeling. Work on the feeling.

Remember to take breaks Sometimes we get so busy trying we forgot to take time for us we are so concerned to keep everyone happy we forget about ourself.

Thank you
For all your donations

Thank you
Erika Bruggeman
and
Seventh Day Adventist Church

Large donation of the following:

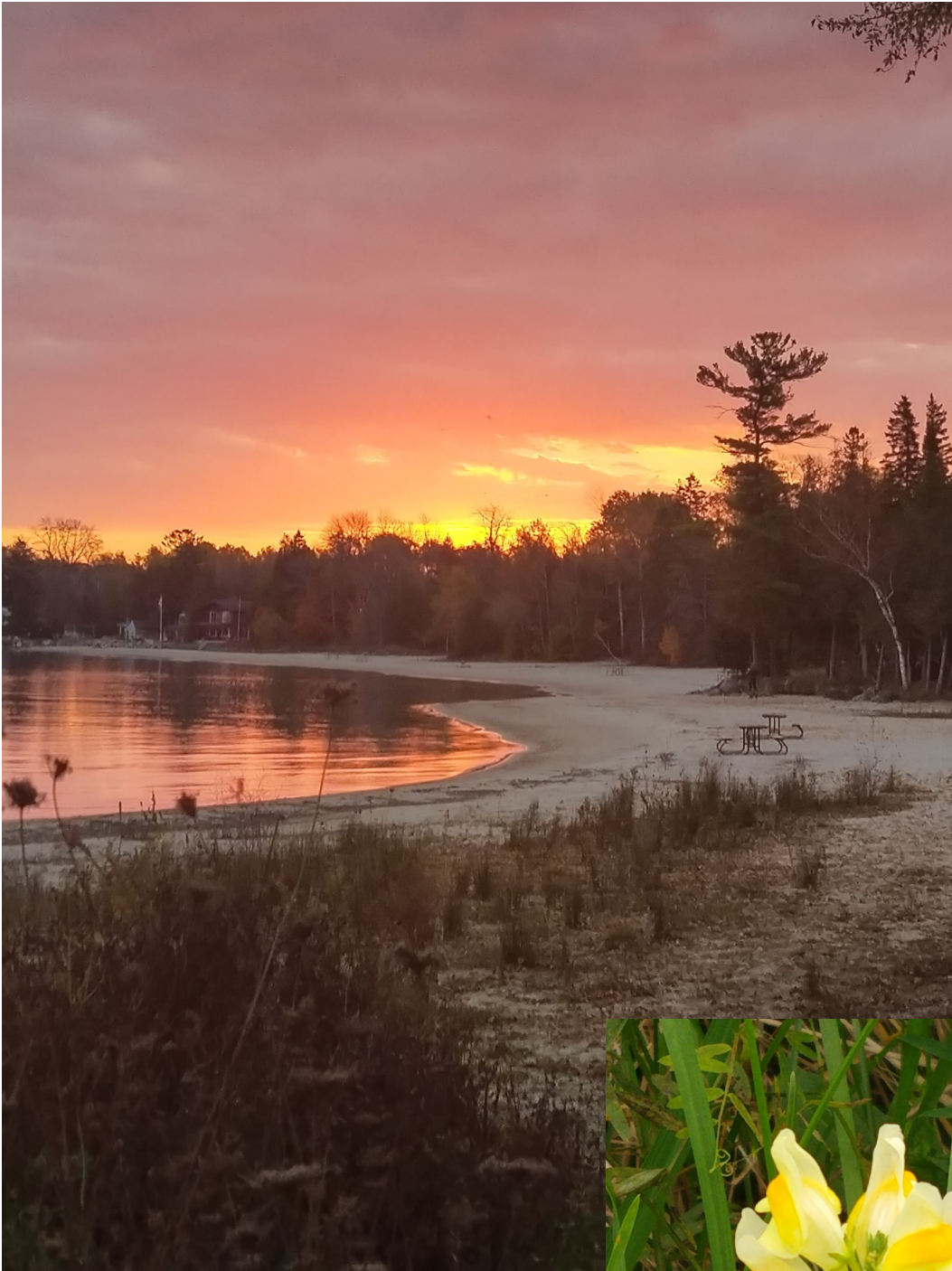
- Underwear
- Mitts
- Shampoo
- Conditioner
- Hair elastics
- Hairbrushes

Thank you to Good Sam's Coffee house

Thank you for the donation of fresh fruit ;
veggies and baked treats.

Thank you Pat Reain

For 3 days a week box of Timbits +
And money to newsletter



Daniel's Photos

The Great True Spirit

CHRISTMAS

Christmas can be a magical time of year.

Magic dwells within you. Believe in it and tap into it.

The secret is to love others as you would like them to love you.

We celebrate Christmas because of the birth of Jesus CHRIST.

Three wise men brought gifts to Jesus when He was born and since then we exchange gifts at CHRISTmas time.

Gifts bring great joy--both the giving and the getting, so enjoy every minute of it.

If you are on your own, get yourself a little something and maybe have a meal that comforts you.

MERRY CHRISTMAS FROM THE GREAT TRUE SPIRIT

by Julia Vukovic



Rachel 's Corner

During the month of November we have Remember day, and preparing for Christmas. I make Christmas gifts for my adult kids and partners, So November is my time putting it together. Some years it's art work, or it's a creative tray etc .One year I did a note books of Pritchard (my maiden name)at war, it was history starting with my Grandfather in war one etc . So this month is my getting it together before the craziness starts.

Creative Arts

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N	O	I	S	S	E	R	P	X	E	G	N	A	T
M	Y	T	I	T	N	E	D	I	I	E	W	N	I
I	O	I	T	F	A	R	C	T	T	M	H	A	I
S	D	V	I	I	P	S	H	O	W	A	G	T	N
I	G	T	I	G	L	T	I	N	O	G	V	A	I
W	C	C	R	E	A	T	I	N	G	S	O	N	G
I	U	U	A	E	Y	M	T	S	U	H	P	N	S
D	A	N	C	E	E	P	F	L	M	T	I	O	F
H	I	G	I	T	E	H	N	S	N	T	N	M	H
A	C	C	T	S	D	O	I	M	N	U	P	U	Y
M	G	H	I	T	A	T	P	I	Y	T	O	S	C
N	P	A	M	N	I	O	A	E	T	H	W	I	C
E	N	D	M	I	P	P	R	R	Y	P	N	C	E

MUSIC
PLAY
SONG
DANCE
PHOTO
PAINTING
SHOW
CREATING
EXPRESSION
MOVIE
CRAFT
GAME
HYMN
PUPPETS
IDENTITY

When I make the gifts, I love the time and wonderful thought it takes .

My kids love what my creative brain and what things of, love for all

Let your Inner Claus Out

Christmas can be a very happy time of year for most people but can also be the most depressing and loneliest time of year for others. Depending on your age you will have many good and bad memory's of Christmas's over the years. Death of a family member, mate, friend, or even an accident victim seen on the nightly news can greatly influence our joy of Christmas this time of year. Thank God for CMHA employees and our extended family at Union Place whom we can talk to and lean on especially this time of year. How can we even have joy in this season when we are still mourning? It's very hard!

It's so hard to let your inner Claus out this time of year while also dealing with long lineups, rude people, traffic jams, no parking, and many gifts and Christmas cards still unprocessed at the post office. I think it's our definition of what makes a good or bad Christmas that determines our attitude during this Holiday season. For me gifts are great but my greatest joy is realized when spending time, a great meal, conversation, and

Young children's participation in the preparation of Christmas can take it to the next level and become a tradition that will be shared with future generations. As a child i loved helping make Christmas cookies although i must confess that even to this day i enjoy eating them more. I'm not confessing that my name ever appeared on the naughty list but Christmas cookies are or should be classified as a comfort food? Watching children opening gifts not only brings us great joy it also opens a time warp that transports us to revisit our own childhood.

Nancy's celebration of life was the best early Christmas gift for me this year. Everyone that attended such a ground breaking concept were pleasantly surprised at how much fun the event turned out to be. I'd like to thank everyone from the cafe that contributed to it's success and also everyone that attended this great celebration. Most of all I'd like to thank Nancy for the best priceless early Christmas gift ever, a big hug and laughter. Nancy thank you.

As a child attending church was a very important part of the holidays and still is today. So often we get busy and forget the reason for the holiday. So at this time I'd like to wish everyone a Merry Christmas and Happy New Year and God bless you in this season. Thank you for reading this short letter.

I guess i need to reveal who wrote this letter. The name is Claus, Brian Claus, and that's my story and I'm sticking to it.

Let your inner Claus out.

Brian (Boldt) Claus.



Program Updates and Reminders

- Starting January 2025 there will be one calendar for Union Place and Group Services
 - Group times are listed on the calendar. Union Place will open no more than 10 minutes before schedules group time. Please plan your day accordingly.
 - Reminder please sign in upon entering Union Place, in case of fire.
 - Cant make it to a group, please let us know ASAP so that someone else can take your place.
 - Please sign up for groups in advance as space is limited for some program
- Don't forget to sanitize hands upon entering Union Place
- Feeling sick? Please stay home to limit the spread of germs.

Call to Sign up 519-371-3642

April (ext. 1214) Emily (Ext. 1024)

December 2024

Union Place

Daily Activities:

Walking Group 9:00 am

Drop in 9:30-11:30am

unless otherwise stated

Monday	Tuesday	Wednesday	Thursday	Friday
2. Christmas Shopping 1:00pm	3. Winter walk/snowshoe at Stoney Orchard 1:30pm	4. No walk today Union Place closed for Christmas Store	5. Gavan's Christmas Movie 11:00am	6. Crafting Christmas ornaments 1:30 pm
9. No afternoon groups today	10. Christmas meal Prep 1:30 pm	11. No Drop in today Christmas meal and Birthday Party Theme: semi formal 1:00pm	12. Hot Chocolate at Union Place and Tour Northern Lights 4:00pm	13. Crokinole 1:30pm
16. Stocking Stuffers \$2 11:00am	17. Christmas Bingo 1:30pm Mindful Breathing 3pm	18. Baking Christmas Chex Mix 1:30 pm	19. Crafting Holiday Houses 1:30pm	20. Mary's Farm (snowshoeing) 11:00am
23. Hot Chocolate Social (with colouring and music) 1:30pm	24. Movie: A Christmas Carol and popcorn 1:00pm	25. Union Place Closed Happy Holidays	26. Union Place Closed Boxing Day	27. Knitting/Looming/ Sewing 1:30pm
30. Chair Exercises 11:30am	31. New years Eve Appetizer Social \$2 1:00pm	1. Union Place Closed Happy New Year	