



Canadian Mental
Health Association

Grey Bruce

Mental Health & Addiction Services

June 2025

Union Place/ Group Services

Call to Sign up: 519-371-3642

Union Place: April (ext. 1214) Emily (ext. 1024)

Group Services: Kyle (ext. 1330)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>2.</p> <p>9:00am: Walk</p> <p>9:30am-11:30am: Meet and Greet (satisfaction survey with Bonnie) @1024 boardroom</p> <p>10:30am: Garden Group</p> <p>2:00pm: Bike Ride to Kelso and Beyond</p> | <p>3.</p> <p>9:00am: Walk</p> <p>9:30am-11:30am: Drop in @1024 boardroom</p> <p>1:30pm: Member Lunch: Tacos \$2 @ St. Andrew's Church (basement)</p> <p>2:00pm-3:30pm: Baseball @ St. Georges Field</p> | <p>4.</p> <p>9:00am: Walk</p> <p>9:30am: Lawn Bowling</p> <p>9:30am-11:30am: Drop in @1024 boardroom</p> <p>1:30pm: Show and Share @1024 boardroom</p> | <p>5.</p> <p>8:00am Departure: Grotto \$9 (Rescheduled date)</p> <p>9:00am: Walk</p> <p>9:30am-11:30am: Drop in @1024 boardroom</p> <p>1:30pm: Iced Tea and Conversation along the Harbour Wall</p> | <p>6.</p> <p>9:00am: Walk</p> <p>9:30am-11:30am: Meet and Greet @1024 boardroom</p> <p>10:30am: Garden Group</p> <p>1:30pm: Movie: Dog Gone</p> <p>1:30pm: Afternoon Walk (lengthy walk and maybe hills)</p> |
| <p>9.</p> <p>9:00am: Walk</p> <p>No Drop in Today</p> <p>10:30am: Garden Group</p> <p>11:00am: Member Meeting/Calendar Planning @ CMHA Gardens</p> <p>1:30pm: Owen Sound Thrift Shopping</p> | <p>10.</p> <p>9:00am: Walk</p> <p>9:30am-11:30am: Drop in @ 1024 boardroom</p> <p>2:00pm-3:30pm: Baseball @ St. Georges Field</p> | <p>11.</p> <p>9:00am: Walk</p> <p>9:30am Lawn Bowling</p> <p>9:30am-11:30am: Drop in @ 1024 boardroom</p> <p>1:30pm: Picnic at Kelso (Walk or meet there)</p> | <p>12.</p> <p>9:00am: Walk</p> <p>9:30am-11:30am: Drop in @ 1024 boardroom</p> <p>2:00pm: Prohibition Pool Hall</p> | <p>13.</p> <p>9:00am: Walk</p> <p>9:30am-11:30am: Meet and Greet @1024 boardroom</p> <p>10:30am: Garden Group</p> <p>1:30pm: Conversation Café: Jealousy and envy @ 1024 boardroom</p> |



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|---|--|--|--|--|
| 16. 9:00am: Walk 9:30am: Outing: Earth-bound Gardens No Drop in Today 10:30am: Garden Group 1:30pm: Paint by number @1024 boardroom | 17. 9:00am: Walk 9:30am: Keady Market 10am: Healthy Kitchen @ St. Andrew's Church 2:00pm-3:30pm: Baseball @ St. Georges Field | 18. 9:00am: Walk 9:30am: Lawn Bowling 9:30am-11:30am: Drop in @1024 boardroom 1:00pm: Bike Ride to Cobble Beach | 19. 11:00am: Camp Day at Harrison Park \$5 (swimming, games, tie dye, lunch, ice cream and more) | 20. 9:00am: Walk 9:30am-11:30am: Meet and Greet @1024 boardroom 10:30am: Garden Group 1:00pm: Hike at Inglis Falls |
| 23. 9:00am: Walk 9:30am-11:30am: Meet and Greet @1024 boardroom 10:30am: Garden Group 11:00am: Outing: Strawberry Picking (pay for own) 1:30pm: Canada Day Crafting for Window Display @1024 boardroom | 24. 9:00am: Walk 9:30am-11:30am: Drop in @1024 boardroom 12:30pm: Outing: The Loft 25th Anniversary (Hanover) 2:00pm-3:30pm: Baseball @ St. Georges Field | 25. 9:00am: Walk 9:30am: Lawn Bowling No drop in Today 1:30pm: Walk to Sundays Ice Cream Parlour \$2 3:00pm: Yoga at Metis Nation | 26. 9:00am: Walk No drop in Today 9:30am: Bike Ride to Soccer Fields 1:30pm: Monthly Birthday Party at St. Georges Field with Yard Games and Freezies | 27. 9:00am: Walk 9:30am-11:30am: Meet and Greet @1024 boardroom 10:30am: Garden Group 1:30pm: Crafting worry stones @1024 boardroom |
| 30. 8:30am: Fishing along the harbour (free family fishing week) 9:30am-11:30am: Meet and Greet @1024 boardroom 10:30am: Garden Group 1:30pm: Art at the Willow Tree (Westside) | <div>Please see staff to sign up for outings. Transportation is limited</div> | | | |