November 2026

The Dory Hours: Monday – Thursday, 8:30am – 4pm

Please Call to sign up for activities (519-371-3642 ext. 30001)

Reminder to please stay home if unwell

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 10:00- Drop in **1:00-** In the Kitchen Prepping squash&pumpkin	**3.** Dory North Port Elgin **11:00**-Lunch **12:00**-Games **Call to Sign Up**	**4. 12:00-**Dory Lunch **1:00**- Wii Wheel of Fortune	**5. 10:00** Tim Horton's Coffee Group **1:00** Christmas Crafts	**6.** **CLOSED**
9. **Closed**	**10.** **Closed**	**11. Remembrance Day** **Closed**	**12. 10:00** Tim Horton's Coffee Group **Closed**	**13.** **CLOSED**
16. 10:00- Drop in **1:00** Manicures & Magazines **Call to Sign Up**	**17.** Dory North Port Elgin **11:00**-Lunch **12:00**-Games **Call to Sign Up**	**18. 12:00-**Dory Lunch **1:00** – Games **Call to Sign Up**	**19. 10:00** Tim Horton's Coffee Group **1:00** Christmas Window Decorating	**20.** **CLOSED**
23. 10:00- Drop in **1:00** Step by Step Painting **Call to Sign Up**	**24.** Dory North Port Elgin **11:00**-Lunch **12:00-** Christmas Crafts **Call to Sign Up**	**25. 10:00** Dory Breakfast **Call to Sign Up**	**26. 10:00** Tim Horton's Coffee Group **12:00** Healthy Kitchen Lunch **Call to Sign Up**	**27.** **CLOSED**
30. 10:00- Drop in **1:00** Christmas Crafts **Call to Sign Up**	**The Dory North Port Elgin** Is located at the back door of **Faith Lutheran Church** **525 Ivings Drive** **Port Elgin**			**Closed**

Canadian Mental Health Association
Grey Bruce
Mental Health and Addiction Services

WHO ARE WE?

The Canadian Mental Health Association (CHMA) Grey Bruce Branch is part of a nation 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 delas 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-centered 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 Leisure Lunks Program 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

November

2026

Social Recreation & Rehabilitation Site

865 Queen Street

Kincardine ON, N2Z 2Y2

www.greybruce.cmha.ca

519-371-3642 ext. 3001

1-888-451-2642