

## Connecting with others ...

**Meet N Greet /snacks & social Monday & Friday mornings, 10:30 - 11:30** drop in & enjoy good company, a coffee & snack



**Women's Group Wed. Feb 26th, 1:30 - 3:00** ~ Colouring at the Frog Pond; Colour in the back room and enjoy a coffee. Meet at (209 8th St E) No cost

**Men's Group Wed Feb 26th, 1:30—3:00** Interesting TED talks at the office.

**H.O.P.E. groups (Harvesting Our Personal Expertise) - Feb 12th, 1:30 - 3:00** Poetry with Melanie ~ Next Steps.

**Drumming & Cultural Learnings** ~ Guest speaker from M'Wikwedong Native Cultural Resource Centre; Join us as we open our hearts & minds to native teachings. **Feb 13th, 1:30 - 3:00. At office No Cost.**

**Conversation Café - Feb 27, 1:30 - 3:00 Relationships** - The different kinds, why we need them and how to nurture them. Office

**Sleigh Ride at Glendale Farms ~ Feb 14th, 11:15 - 2:30;** A beautiful sleigh ride through the brush & a light lunch at the sugar shack. **Cost \$7.00**

## Creativity for the Mind and Soul

**Artopia-Tom Thompson Art Group ~ Thurs, Feb 6th and 20th (tissue paper art), 1:30 - 3:30.** Join us to create art with others in a relaxing atmosphere. No cost

**Music Group ~ 2:00 - 3:30 Lutheran Church; Fridays Feb 7th Trivia & Coffee House & 21st Coffee house** - Perform, sing along or just have a coffee and enjoy the music and poetry of others.

**Winter Morning Photography ~ Feb 5th, 10:30 - 12:00;** Join us for some picture taking at local conservation areas. Meet at office. No Cost.

## Wellness

**Yoga ~ Friday, Feb 7, 21, 28 - 12:30 - 1:30** at Central Westside Church. Exercise at your own pace. Breathing & Relaxation. (No Yoga on Feb 14th).

**Pickleball ~ Mon, Feb 3, 2:00 - 3:00;** at St. Andrew's Church. Try something new! Please bring running shoes. No cost.

**Healthy Kitchen Feb 24 ~ 12:00 - 2:00** We will be making pancakes with fruit, St. Andrew's Church. Space is limited, so please register

**Heart & Stroke Information; Feb 19, 1:30 - 3:00;** Reminders on what to watch out for and ways to live a healthy heart life. At office.

## Social /Recreational Activities

**Hockey continues!! Tues, Feb 4, 11, 18, 25 2:15- 3:30** Please call the office for more information about how to sign up. Meet at office for rides.

**Volleyball, Feb 10 & 24, 2:00 - 3:00;** at St. Andrew's Church, all skill levels welcome. Please bring running shoes.

**Morning Snowshoe/Walk ~ Feb 11 & 25, 11:00 ~ 12:00, Feb 12 ~Skating/Walk at Harrison Park**

~meet at the office for rides. No cost, dress warmly! Call for details.

**Owen Sound Attack - Let's Talk Game ~ Saturday Feb 1st Attack Vs. Spitfires Call us ASAP to reserve your tickets! (\$12.00 each)** Meet at the office at 6:45 pm for rides to the game.



♦ **Coming in early MARCH ~ Fleetwood Nicks ~Practically Petty Tribute Concert. Call for details.**

\*\*\*Remember weather may affect our Programming....if you are not sure please call the office. Please be aware that some activities may pose a risk of injury and you are participating at your own risk.

# February 2020

## Program Descriptions

# GROUP SERVICES

COMMUNITY CONNECTIONS  
HOUSING AND SUPPORT



**Please call Kathy (ex 230) or Angela (ex 233) at 519-371-2390**

**We are a Community Mental Health Program which offers skill based and social recreational groups for adults.**

A program of **CMHA Grey Bruce** Mental Health and Addictions Services funded by the Ministry of Health & Long Term Care.