

Connecting with others ...

Meet N Greet /snacks & social

Monday & Friday mornings, 10:30 - 11:30
drop in & enjoy good company, a coffee & snack

Keady Market, Sept 3rd, 9:30 - 12:00;

Take a walk around the market to look at local produce. And what the vendors have to offer.

Conversation Café - Sept 4th, 1:30 - 3:00

Join us to talk about “When our support changes” At the office. **No cost**

Sept 12th 1:30 - 3:00 Treasure your Poetry Writing Talents with Melanie. At the office.

Red Flag Series ~ Sept 18th and 25th

1:30 - 3:00 We will talk openly together about Red Flags in our lives, what they mean and what to do with them. At the office. **No cost**

Women’s Group ~ Sept 24th 1:30 - 3:00 Tea & Colouring At the office. **No cost.**

Men’s Group ~ Sept 24th 1:30 - 3:00

Shooting Hoops at Harrison Park. Meet at the office for rides. **No cost.**

Sept 24th ~ Line Dancing 2 - 3pm

At St. Andrew’s Church Come out and join the fun! Please wear running shoes. **No cost**

Creativity for the Mind and Soul

Artopia-Tom Thompson Art Group ~

Thurs 1:30 - 3:30. , Sept 5th, Join us to create art with others in a relaxing atmosphere. **Sept 19th** A paper art Project. **No cost**

Karaoke at Union Place, Fri. Sept 6th,

1:00 - 3:00 Join us to sing your heart out! (or just hang out and listen to others as they sing some of their favourite tunes.)

Music Group ~ 2:00 - 3:30 Lutheran

Church Sept 13th coffee house style! - Perform, sing along or just have a coffee and enjoy the music and poetry of others. **Sept 27th ~ Musical Scategories!**

Wellness

Gentle Fit Sept 16th 2:00 - 3:00 Move & Groove with us to the music! Light exercises. St Andrew’s Church Gym. **No cost**

Hikes with Jim ~ meet at the office 11:45 am

Sept 6th Woodford Escarpment Loop (a moderately strenuous one) **Sept 20th The Pines Loop**(fairly easy)

Healthy Kitchen Sept 16th ~ 12:00 - 2:00

St. Andrew’s Church. Space is limited, so please register! **Cost \$2.00**

Social /Recreational Activities

Baseball winding down!! Tuesday, Sept 3rd

and 10th 2:15 - 3:30 Please call the office for more information. Meet at the diamond or at the office for rides

Fall fair ~ Sept 5th 3pm - 4pm Join us for the free tour of just the Homecraft area. Meet us there or at the office for rides. **No cost**

Pickleball ~ Mon, Sept 9th & 23rd 2:00 - 3:00, Harrison Park All levels welcome. Please wear running shoes and bring a water bottle.

Cameron Lake Day ~ Sept 11th 11:30

am - 8pm Join us as we travel up to spend the afternoon with the leisure links campers. **No cost,** but space is limited so please register!

Sept 14th ~ Concours D’Elegance Car Show and Breakfast out ~ meet at the office at 9am **Cost of your own breakfast**

Campfire at Harrison Park ~ Sept 17th

12 pm - 3pm Come out and enjoy some good times around the campfire with friends & music. Meet at the office for rides. **No cost.**

Golf Day at Chesley Lake ~ Thurs, Sept 26th,

Meet at the office for 10am. Enjoy 9 holes of golf and lunch by the water. **Cost \$7.00**

*****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.**

September, 2019

Program Descriptions

GROUP SERVICES

COMMUNITY CONNECTIONS
HOUSING AND SUPPORT



**Please call Kathy
or Angela
at 519-371-2390**

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