

Connecting with others ...

Meet N Greet /snacks & social

Monday & Friday mornings, 10:30 - 11:30

drop in & enjoy good company, a coffee & snack

Gardening Group - Mon & Friday mornings at

10:00am; help check on and look after the

Community Connections garden beds.

Conversation Café - June 5th, 1:30 - 3:00

Talking about "Dreams" At office. **No cost**

Breakfast at Crosswinds Café ~ June 12th

9:30 am Meet at the office for rides. **Cost...** You

...for your own breakfast (approximately \$12)

June 25th ~ Meet us at OSHARE (Harmony

Ctr 890 4thAve. E) for dinner 5pm. **No cost.**

H.O.P.E. group (Harvesting Our Personal

Expertise) June 14th 2:00 - 3:30 relaxation

colouring with Grace and Emily.

June 18th 1 - 2 Knitting with Jan.

June 19th 1:30 - 3:30 Sewing with Karen
(making pillow cases on machines)

June 27th 1:30 - 3:00 Discussion & Activities

about Peer Empowerment with the PEACE

Team- at the office. **No cost**

Creativity for the Mind and Soul

Artopia-Tom Thompson Art Group ~ Thurs

1:30 - 3:30. , **June 6th**, Join us to create art

with others in a relaxing atmosphere. **June**

20th a personalized art project. **No cost**

Music Group ~ 2:00 - 3:30 Lutheran

Church; June 7th coffee house - Perform,

sing along or just have a coffee and enjoy the
music and poetry of others. **June 28th** " "

Name that Tune" - come out and play a few

rounds of the game with us!

Wed. June 26 Photography Contest Exhibit

& Results 2:00 - 3:30 pm at the office. Come

out and see the amazing talent we have in our

midst! Vote for your viewer's choice and find

out who the winners are of this year's contest!

Wellness

Gentle Fit June 17th 2:00 - 3:00 Move & Groove

with us to the music! Light exercises.

St Andrew's Church Gym. **No cost**

Yoga ~ Friday, June 7, 14 and 28 12:30 - 1:30

at the Central Westside Church. Exercise at your

own pace. Breathing & Relaxation. **Cost \$1.00 (NO**

yoga June 21st)

Hikes with Jim ~ June 14th Walter's Falls Loop (a

more strenuous one) **June 28th Ross McLean Loop**

(moderate)

Healthy Kitchen June 17 ~ 12:00 - 2:00

St. Andrew's Church. Space is limited, so please

register! **Cost \$2.00**

Social /Recreational Activities

Baseball continues!! Tuesday afternoons 2:15 -

3:30 Please call the office for more information. Meet

at the diamond or at the office for rides

Pickleball ~ Mon, June 3rd 2:00 - 3:00, Harrison

Park All levels welcome. Please wear running shoes

Outdoor Volleyball ~ Mon. June 10th travel to

Meaford for some volleyball & fun in the sun with the

locals! **Call to register as space is limited Meet at**

the office at 1pm for rides. No cost

"Material Girls" concert and picnic in the park.

June 21st The music of Madonna, Cher, Lady Gaga

and Adele. **Meet at the office at 5pm. Cost \$18.00**

(\$15 for concert and \$3 for dinner) **Space is limited**

to ticket availability and first come, first served,

so please register and pay in advance.

Golf Day at Chesley Lake ~ Thurs, June 13th,

10:30 - 3:30 Enjoy 9 holes of golf and lunch by the

water. **Cost \$7.00** (\$5.00 golf and \$2.00 lunch).

CMHA Ride Don't Hide ~ June 23rd. Call for details.

Euchre ~ June 24th 1pm - 3pm ~ meet at Union

Place and join in the euchre fun!. **No cost.**

*****Remember weather may affect our**

Programming....if you are not sure please call the of-

fice. Please be aware that some activities may pose a

risk of injury and you are participating at your own risk.

June 2019

Program Descriptions

GROUP SERVICES

COMMUNITY CONNECTIONS
HOUSING AND SUPPORT



**Please call Kathy
or Angela**

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.