


Achieve Mental Health Wellness & Recovery Centre Simcoe - January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Closed - New Year's Day 	 Join us for our Special New Year's Day Brunch Welcome in the New Year Brunch served 11 - 1 Undecorate from Christmas	11 Hobbies - the value and importance of hobbies  1 Emergency Preparedness - knowing what to do when the power goes out	10 Camping wrap up meeting 11 Soup around the world - National Soup Month  12:30 Feast of the Epiphany 1:30 Dream Catcher craft	11 Fruit cake toss ... dress for outside activity  12 Lunch 1:30 Wellness & Recovery - my dreams can come true	
7	8	9	10	11	12	13
Centre closed	11 Bodies in Motion 1 Cake decorating with guest Alexandra 	11 Brain Fit 12 Lunch 1 Member's meeting 3 Birthday club 	11 Money wise - stretching your dollar - food  1 Take the stairs day - steps that matter	11 Health matters - national bath safety month  1 Stigma Hurts - creating anti-stigma posters	11 Fun dress up your pet day photos 12 Lunch  1:30 Wellness & Recovery - goal setting	Centre closed
14	15	16	17	18	19	20
Centre closed	11 National hat day - what your hat says about you 1 Explore yoga and mindfulness with guest Samantha 	11 Houseplant appreciation day - what they do for us 12 Lunch 1:30 Craft - boot planter for your houseplant - sign up \$5 	11 Money wise - stretching your dollar - household & cleaning 1 Beading with guest Dawn - create a project - sign up 	11 Empowerment - what is it and how do I get there?  1 A powerful message to yourself - create an empowerment poster	11 Penguin Awareness Day 12 Lunch  1:30 Wellness & Recovery - goal setting	Centre closed
21	22	23	24	25	26	27
Centre closed	Centre Closed 	11 Brain Fit 12 Lunch 1 Euchre 	11 Money wise - stretching your dollar - entertainment & activities 1 Collecting and collections - the odd and unusual 5 Guys Night - pizza and pool - sign up \$7 	 11 Mardi Gras mask craft 2 Is it Time Yet - the quit smoking challenge - what would help?	11 Australia Day 12 Lunch  1:30 Wellness & Recovery - staying motivated	Centre closed
28	29	30	31			
	Food Handler's Training - interested members (and all staff) to earn their food handler's certificate - sign up \$10 (more info on back) Centre Closed	11 Bodies in Motion 12 Lunch  1 Alone versus lonely - understanding the difference	 11 Money wise - stretching your dollar - points, coupons 1 Inspire Your Heart with Art	www.facebook.com/CAMHSWRC  follow us on facebook	Achieve Mental Health Wellness & Recovery Centre 50 Orchard Avenue, Simcoe, N3Y 3H1 Phone: 519-428-0580 x 5 or 1-877-909-4357 x 5 Fax: 1-519-428-5603 Monday to Friday 10am - 4:30pm	