













# What's Happening April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11 AM: Coffee social 2 PM: Goal Setting/mood maps	2 11 Am: Guided Meditation 2 PM: Yoga 	3 11 AM: Coffee social 2 PM: Bingo 	4 11 AM: Grocery list budget 2 PM: Discussion: Self-awareness and mental health	5 11 AM: Coffee social 2 PM: Easter Crafts with Lesley	6
7	8 11 AM: Worksheet - Becoming aware of automatic thoughts 2 PM: Newsletter Meeting	9 11 AM: Journaling – Learn about gratitude journals 2 PM: Workshop with Malin	10 11 AM: Baking 2 PM: Colour therapy	11 11 AM: Grocery list budget 2 PM: Creative writing	12 11 AM: Club cleanup 2 PM: Spa day 	13
14	15 11 AM: Coffee social 2 PM: Decorate for Easter dinner	16 11 AM: Guided Meditation 2 PM: Painting 	17 11 AM: Coffee social 2 PM: Bingo 	18 OPEN AT 12 PM 4 PM: Easter Dinner 	19 Good Friday 	20
Easter 21 	Easter Monday 22 	23 11 AM: Discussion – How to be a friend 2 PM: Advantages/disadvantages to not reaching goals	24 11 AM: Baking 2 PM: Colour therapy	25 11 AM: Painting  2 PM: Creative writing	26 11 AM: Club cleanup 2 PM: Newsletter – final proof/ start folding	27
Day of Mourning 28 	29 11 AM: Coffee social 2 PM: Ted Talk: "The secret of becoming mentally strong"	30 11 AM: Guided Meditation 2 PM: Painting 	<p>Come out and celebrate the birthday's of: Glen, Daniel, Steven, Patrick, Christine, Shawn, Christine, Pim, Gord, Jennifer, Donald and Michael. We will be serving cake with supper on the April 26.</p> <h2>HAPPY BIRTHDAY</h2>			