



**Canadian Mental
Health Association**
Haliburton, Kawartha, Pine Ridge
Mental health for all



November at PHOENIX

Check the PHOENIX board (at 466 George St. North, Peterborough) every Monday as we post where we will be going in the community, what's planned for groups and any special events happening.

Calendar

The following groups are led by members and take place most days at PHOENIX:

Morning Inspirations, 9:30 a.m. to 10 a.m.

Get Up & Go, 1 p.m. to 1:15 p.m.

Just Journals and Cleaning Skills, 3 p.m. to 4 p.m.

Mondays

Talk-time, 10:30 a.m. to 11:30 a.m.

- Come in and meet with other members, enjoy a conversation!

Therapy Dog, 1:30 p.m. to 2:30 p.m.

- Join Super Cooper for a therapy dog visit

Tuesdays

Friends and Fun, 10:30 a.m. to 11:30 a.m.

- Indoor or outdoor activities to exercise our brains and have fun!

Do Drop In, 1:30 p.m. to 2:30 p.m.

- Come in for a visit and hang out

Wednesdays

Fun with Food, 10:30 a.m. to 11:30 a.m.

- Lunch-in, food group or healthy snacks and discussion

Wellness Works, 1:30 p.m. to 2:30 p.m.

- Indoors or out, we'll work on our wellness together



**Canadian Mental
Health Association**
Haliburton, Kawartha, Pine Ridge
Mental health for all



Thursdays

About Our Community, 10:30 a.m. to 11:30 a.m.

- Discovery walks, visits to the library, scavenger hunts, community projects and more!

Arts Group, 1:30 p.m. to 2:30 p.m.

- No experience required, this group includes visual art, poetry and story telling.

Fridays

Activity Group, 10:30 a.m. to 11:30 a.m.

- Games, puzzles and other activities with fellow members

Music Group, 1:30 p.m. to 2:40 p.m.

- Come to Emmanuel Church, George Street, to play an instrument, listen or sing along.

Special events

- Monthly Members Chat, November 1, 10:30 a.m.
- Jewellery-making workshop at Under One Sun on November 9, requires advance sign-up, cost is \$15
- Fun with food: Food prep on November 22, requires advance sign-up, cost is \$3
- Yoga will be starting soon on Tuesday mornings during 'Friends and Fun', free
- Winterfest at Peterborough Square, November 23, free
- Library outing, November 30

Closures

The PHOENIX Centre will be closed Tuesday, November 14 at 2 p.m. and Tuesday, November 28 at 2 p.m.



**Canadian Mental
Health Association**
Haliburton, Kawartha, Pine Ridge
Mental health for all



Important note

The PHOENIX Centre is closed during group walks and other outings. Members must be able to attend outings independently or bring their Passport or Supported Independent Living worker along. Sorry, there is no one-on-one PHOENIX staff support available.

On scheduled or spontaneous walking excursions, proper footwear and suitable weather gear is recommended.