November 2026

ERGON inc LIFE CENTRE
MY MIND. MY MOVE

M.I.N.D
My Mind. My Move.

Monday **Admin/ Open M.I.N.D** *Plan. Check in. Get Settled*	Tuesday **Connect** *I belong*	Wednesday **Build** *I can*	Thursday **Contribute** *I have something to offer.*	Friday **Bridge** *I can take this into my life.*
2 Monday Coffee Club 10-3	3 Crafters & Coffee 10-12 Self-Awareness 1-3	4 Puzzle & Brain Games Café 10-12 Adulting 101: The 15-Minute Reset 1-3 Special Visitor: Therapy Dog	5 Kindness Card Station 10-12 How Emotions Are Formed 1-3	6 Community Hot Takes 10-12 What Would You Do? 1-3
9 Monday Coffee Club 10-3	10 Tangled Up in Thread 10-12 Community Comes to M.I.N.D - Melissa 1-3	11 SORRY WE'RE CLOSED	12 Give Yourself Permission Coupons 10-12 Adulting 101: Self-Care with Shane 1-3	13 Diamond Painting Marathon 10-3
16 Monday Coffee Club 10-3	17 My Support Network Map 10-12 Trauma, The Brain and Triggers 1-3	18 Diamond Painting 10-12 Adulting 101: Budget Lab 1-3 Special Visitor: Therapy Dog	19 Cheap Eats Kitchen 10-12 Responsibility vs. Shame 1-3	20 The Great GMA Trivia Showdown! 10-12 Resurgo Place 1-3
23 Monday Coffee Club 10-3	24 Crafters & Coffee 10-12 Community Comes to M.I.N.D - Tasha 1-3	25 MIND Give-Back Station 10-12 Adulting 101: Grocery Store Challenge 1-3	26 Anxiety, Survival and Self-Trust 1-3 Things Every Adult Should Know 10-12	27 Finding My People 10-12 The Community Connection Challenge 1-3
30 Monday Coffee Club 10-3				

🎨 **MEMBER CHOICE:** The Art Room remains open during scheduled activities. Members may participate in the scheduled activity or choose independent Art Room activities.

View our referral form or latest calendar

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Recovery starts with one small step. We're glad you're here.