

M.I.N.D. Program Index

****There will be no activities on June 8th and 10th****

Life Skills

Life skills is taught by Tony on Tuesdays and Thursdays. Life skills will remain one group, as it was last month. We will be continuing what we learned on Tuesday into Thursday and so on.

Possible next topics for June: Grief, Attention Deficit Hyperactivity Disorder (ADHD), Wellness Action Support Plan

Recurring Monthly Activities

Social Committee: Each month 5 of our members will come together to help create next month's calendar. This is a great opportunity for members to voice their opinions and have direct input on what activities they would like to see happen in the next month.

Cross Stitch: **Starting this month, Cross Stitch will be on Wednesday mornings*** During this group you will be able to socialize with your peers while creating your own cross stitch piece with help from Bonnie.

Walking group: Walking is great for your physical health as well as mental health! By popular request from our members, we will be having a walking group weekly this month to enjoy the nice weather! If the weather is bad, we will have a back up indoor activity.

Book Club: Book club members will meet bi-weekly to discuss the book that we are reading. Everyone in the group reads the same book, at the same pace. Book club gives members the opportunity to socialize while doing a hobby that members can take home with them! This month we will be reading "Where the Crawdad's Sing". When we are finished reading this book, we will vote on our next.

Men's and Women's Groups: Tony will be running an all-men's group and Carly will be running an all-woman's group. These groups are supportive and are a great opportunity to socialize. Topics and activities change with each group.

Collaboration Mondays

By joining our Monday programs from 1-3pm you will be able to strengthen your teamwork skills while working together with your peers! This is an excellent opportunity to problem solve, learn some new skills, and socialize.

June 6th - Cooking Group: We will be using foods from our pantry to find ways to make creative meals on a strict budget. If you are happy with the meals that we create in the group, you have the option to get more ingredients from the pantry to take home and re-create them!

June 20th - Cooking Group: This meal will be announced at a later date. Thank you for your patience.

Team Project Activity: As a group, we will be creating an 8-foot robot out of recyclables.

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Activities

Pictionary: Pictionary is a fun drawing game that inspires creativity and communication. Come and play Pictionary and socialize with a great group of people!

French class: If you are interested in a beginner's course in French this is a great opportunity for you! No experience is needed, we will start at the basics.

Jewelry Making: Create your own piece of jewelry! Thanks to a very generous donation of beads and supplies, we have many beads to choose from. If jewelry isn't your thing, there is an option for keychains as well!

Happiness Rocks: Join Sarah one of our Human Service Counsellor OJT students for rock painting. Happiness rocks are a well-known activity here in our area, even having their very own Facebook group dedicated to where people have found them. Come and enjoy the relaxation of painting for the purpose of making another person smile when they discover your work of art while out for a walk in our community.

Connection between mental and oral health presentation with Oulton College: Oulton college students will be coming to Ergon to do a presentation on dental health and the correlation between dental care and mental health.

Soap Making: Research has shown that creativity can decrease stress and relieve anxiety. This Saturday we will be getting creative as we create soap on a budget! If interested the recipe can be shared with you so you can make your own soap at home afterwards.

Affirmation Poster: For this activity we will be creating posters with affirmations to hang them throughout Ergon to spread positivity or you can bring them home.

Sports Day: We will be meeting at Centennial Park to play different types of sport activities. Come and join us for some physical activity. If you are not interest in sports, come and be a cheerleader!

Clay Sculpting: Clay sculpting is a therapeutic activity that can help build mindfulness, our fine motor skills, and our self esteem. Come and create your own clay piece that will be hardened afterwards in the oven.

Escape Room: Improve your problem solving and teamwork abilities with Tony and Carly's version of an escape room here at Ergon. You and your team will be working together to solve puzzles that will get you closer and closer to escaping the room.

Diamond Painting: Diamond art is fun, enjoyable, and relaxing! It is a craft anyone can learn, and it's proven to be extremely beneficial for our mind. Diamond art boosts concentration and fights feeling of anxiety.

Swim Into Summer: This is a part of SUNFEST, Riverview's annual festival to kick off summer! We will be swimming the Lion Ken Gabrey Pool at 1 Killarney Road. This activity will be completely free. Make sure to bring your sunscreen, bathing suit and a towel! If you don't have a bathing soon, check out the bathing suits for sale at Ergon and use your 50% member discount! Changing rooms and washrooms are available at the pool. We hope to see you there!

Bingo Walk: This will be a regular walk with a bingo twist! Come socialize with the group, get some fresh air while calling bingo on items that you see from your bingo card!