

## WHAT'S NEW AT THE CLUB?

### JANICE'S VIRTUAL ACTIVITIES

Tuesdays, August 4<sup>th</sup>, and 18<sup>th</sup>. New Course begins,

#### **OVERCOMING LONELINESS 6-8 p.m.**

Humans are all born hard-wired to seek and find meaningful relationships with others, as it is an essential part of our overall health and well-being. By taking the time to acknowledge these feelings and move towards connecting with people, you are engaging in self-care and improving the quality of your life.

Thursdays, August 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup> 1 p.m.

Janice Journals... join us for some journal prompts and deeper discussions; come share your thoughts.

Thursdays, August 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> at 6 pm.

Virtual Yahtzee, We supply dice & scoresheet

Wed., August 12<sup>th</sup> & 26<sup>th</sup>, Chit Chat & Relax 1p.m.

Every Wednesday at 6 p.m.  
Join Robin for Watercolours

### HANNAH'S VIRTUAL ACTIVITIES

Chit Chat Café' and Mindfulness/Meditation

Monday – Thursday at 10 am. Join in on Zoom

Monday, August 17<sup>th</sup>, Playdate, Creating Zentangle Mandellas 1 pm..

#### **ZOOM SELF CARE TUESDAYS at 6 p.m.**

August 11<sup>th</sup>, Creativity Blossoms; Creating Zentangle Birdhouses

August 25<sup>th</sup>, Get in the Flow, Watercolour to Music 6 p.m.

### MARK'S VIRTUAL ACTIVITIES

Monday, Aug. 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and 30<sup>th</sup>, Virtual Bingo. 6 p.m. We can drop off cards, shoot us an email, [dforget@wendatprograms.com](mailto:dforget@wendatprograms.com)

Friday, Aug. 7<sup>th</sup>, 14, 21, and 28<sup>th</sup>, Download the APP Houseparty, 6 p.m. Join in for some friendly competition; connect with other members.

## THE JOURNEY OF SELF DISCOVERY

We are going to talk about this through a reflective and introspective lens. This course will take you on a journey of self-discovery that puts who you are and what you need in perspective. You will receive thought-provoking, action-oriented guidance and techniques for full exploring and ultimately learning to love yourself, learning to love your needs, learning to teach people how to treat you, and learning to balance your head and your heart. Only then will you be able to have that equal and authentic relationship that you truly deserve. We will be using the "Breathe Anxiety Workbook" Discover healthy coping mechanisms that work for you.

Be sure to let us know if you want to be involved virtually. You will need to download Zoom to connect and provide your email for an invite to [dforget@wendatprograms.com](mailto:dforget@wendatprograms.com)

Mondays, August 10<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> at 1 p.m. with Hannah