

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 HALLOWEEN Haunted House	Watch our website for updates! www.cnha.ca		Come join us at the Old Chemainus Fire Hall, 9796 Willow St., Chemainus		1 Free Store 1-3 TEEN DANCE!! 7-11	2 Garage Sale 9-2 THANKSGIVING POTLUCK 7 p.m.
3	4 Youth Drop In 3:15-5:30 Adult Peer Support 1-3	5 Youth Drop In 3:15-5:30 Beginner Music Jam 4:30-6:30	6 Youth Drop In 3:15-5:30 Intermediate Guitar Jam, 6-7 Adult Social Night 7-9:	7 Youth Drop In 3:15-5:30, 7-10	8 Free Store 1-3 Youth Drop In 3:15-5:30, 7-11	9 Youth Drop In 7-10
10	11 Closed For Holiday. Happy Thanksgiving!	12 Youth Drop In 3:15-5:30 Beginner Music Jam 4:30-6:30	13 Youth Drop In 3:15-5:30 Youth Cook'In 6:30-9	14 Youth Drop In 3:15-5:30, 7-10	15 Free Store 1-3 Youth Drop In 3:15-5:30, 7-11	16 YARN AFFAIR 9 a.m.-2 Youth Drop In 7-10 +
17	18 Youth Drop In 3:15-5:30 Adult Peer Support 1-3	19 Youth Drop In 3:15-5:30 Beginner Music Jam 4:30-6:30	20 Youth Drop In 3:15-5:30 Intermediate Guitar Jam, 6-7 Youth Cook'In 6:30-9 Adult Social Night 7-9	21 Youth Drop In 3:15-5:30, 7-10	22 Free Store 1-3 Youth Drop In 3:15-5:30, 7-11 COFFEE HOUSE 8-10	23 Youth Drop In 7-10
24	25 Youth Drop In 3:15-5:30 Adult Peer Support 1-3	26 Youth Drop In 3:15-5:30 Beginner Music Jam 4:30-6:30	27 Youth Drop In 3:15-5:30	28 Youth Drop In 3:15-5:30, 7-10	29 Free Store 1-3 Youth Drop In 3:15-5:30, 7-11	30 Youth Drop In 7-10

Program Descriptions

Youth Activities	Family Activities	Adult Activities
<p>Youth Drop-In: Youth can take advantage of the facilities by playing pool, listening to music, playing air hockey, playing foosball, using the computers or the gymnasium, watching movies, cooking, or getting help with homework in a safe, supervised environment. (weekdays 3:15-5:30, and Thurs. 7-10, Fri. 7-11, Sat. 7-10)</p>	<p>Beginner Music Jam: Practice your instrument with other budding musicians. Develop skills and have fun! Facilitated by Robin Miles. (Tuesdays 4-6:30)</p>	<p>Peer Support: Come talk to people who understand. Facilitated by CMHA's Robin Miles. (Mon. 1-3)</p>
	<p>Intermediate Guitar Jam: Bring your guitar (or other instrument) and your favourite songs to play with the group. (2nd and 4th Wed. of the month, 6-7)</p>	<p>Adult Social Night: Come meet the neighbours! Adults can take advantage of the facilities by playing pool, foosball, computer games, board games or just socializing. (second and fourth Wednesday of the month, 7-9)</p>
<p>Youth Cook'in: Ages 12 and up. Have fun learning a new dish! (Oct. 13 & 20 at 6:30)</p>	<p>Free Store: Free clothes, books & other used items. (Fri. 1-3)</p>	
<p>Teen Dance! Music, dancing, fun.. (7-11)</p>	<p>Garage Sale: Support CNHA by donating items for our garage sales. Or come and find a new treasure! (Sept. 4, 18, 9-2)</p>	
<p><i>We also schedule Lifeskills Workshops, Adult Cooking Classes, Youth Music Concerts, and Field Trips. Watch for calendar updates!</i></p>	<p>Thanksgiving Potluck: Yummy food to share with the neighbours. Contact us for more details. (October 2)</p>	<p><i>We are looking for volunteers to support our programs or start new ones. Call us!</i></p>
	<p>Coffee House: Time to bring out your hidden talent and let it shine! (October 22, 8-10)</p>	
	<p>Yarn Affair: Local artisans donate items or set up tables to help us raise money for the centre. Find a one-of-a-kind treasure! (October 16)</p>	