


The Pottle Centre

June 2018

Mon	Tue	Wed	Thu	Fri
				1 Open 8:30 10:00 GET FIT 1:30 Trouble Close 4:30
4 Open 8:30 9:30 Breakfast 10:30 Nurse Visit/Crafts 1:30 Get Fit Close 4:30	5 Open 8:30 9:30 Morning Walk 10:30 Movie and Popcorn 12:30 Lunch and Learn 1:30 Game: Golf. Close 4:30	6 Open 8:30 10:30 Baking 12:30 Support Group 2:00 Game: Sundae Bar/Yahtzee. Close 4:30	7 Open 8:30 10:30 Wild Card Game 12-1 Free Lunch 1;30 Pet Therapy ***Closing at 3	8 Open 8:30 10:00 GET FIT 1:30 Bingo Close 4:30
11 Open 8:30 9:30 Breakfast 10:30 Nurse Visit/Crafts 1:30 Get Fit Close 4:30	12 Open 8:30 9:30 Morning Walk 10:30 Movie and Popcorn 1:30 Bingo Close 4:30	13 Open 8:30 10:30 Baking 1:30 Pool Close 4:30	14 Open 8:30 10:30 Game: Crazy 8's 12-1 Free Lunch 1:45 DIY Arts Session Close 4:30	15 Open 8:30 10:00 GET FIT 1:30 7-up Close 4:30
18 Open 8:30 9:30 Breakfast 10:30 Nurse Visit/Crafts 1:30 Get Fit Close 4:30	19 Open 8:30 9:30 Morning Walk 11:30 Movie Day at the Mall *check with centre for actual time and movie title	20 Open 8:30 10:30 Baking 1:30 Empower Hour and Ice-Cream Floats Close 4:30	21 Open 8:30 10:30 Scat 12-1 Free Lunch 1:45 DIY Arts Session Close 4:30	22 Open 8:30 10:30 Bowling 1:30 Bingo/Birthday Cake/Member Meeting Close 4:30
25 CLOSED Discovery Day	26 Open 8:30 9:30 Morning Walk 10:30 Movie and Popcorn 1:30 Game: 7-Up Close 4:30	27 Open 8:30 10:30 Baking 1:30 Empower Hour Close 4:30	28 Open 8:30 10:30 Blackjack 12-1 Free Lunch 1:45 DIY Arts Session Close 4:30	29 Open 8:30 CANADA DAY CARNIVAL  Close 4:30

Thanks to the [City of St. John's](#), [VOCM Cares Foundation](#) and [United Way of Newfoundland and Labrador](#) for recent grants that help us make some of our programming possible.

June 2018

How to Join:

→ The Pottle Centre is a drop-in social centre. You must be a member to take advantage of all the great things we have to offer. If you decide to join the centre, you **MUST** call for appointment. Call **753-2143 and ask for Leanne or Katie**.

***You must be 19 years of age or older and a consumer of mental health services.

Fund Raising Event:

→ We are hosting a TRIVIA NIGHT! It's happening on **Thursday June 7**, doors open 7 pm and game starts at 8pm. Tickets are \$15.00, call 753-2143 or email pottlecentre@nf.aibn.com for more information.

Member Election:

→ We have one seat available for a MEMBER REPRESENTATIVE to sit on our Board of Directors. Election will take place in July. If you would like to run please notify staff by **JULY 4**.

Meal Program:

Our meal program will be one free lunch a week and one free breakfast. Please note the days and times that this program is offered. Breakfast is **9:30 until 10:30** and the lunch time is between **noon and 1 pm**. Meals will be served for one hour time frame only. We will not save meals for people who cannot be here for meal time and we will not offer a take-out service.

Attendance:

→ Please remember to sign up for special events and if you sign up please show up. **If you plan on going with us on an outing, you must be here 15 minutes before we are set to leave.** Thanks

NEW BOARD MEMBERS NEEDED!

The Pottle Centre is now accepting resumes and expressions of interest to sit on our Board of Directors. If you have an interest in Mental Health and would like to donate your time to a great community service, please consider sending us your information to the following email address: pottlecentre@nf.aibn.com

The Pottle Centre ▪ PO Box 5321 ▪ Stn C ▪ St. John's ▪ A1C 5W2 ▪ Located at 200 Water St
Office Line is 753-2143 Member Line is 753-9964 Email: info@pottlecentre.org
www.pottlecentre.org Follow us on Twitter @ThePottleCentre Like us on Facebook