

# November 2021

## SCHIZOPHRENIA SOCIETY REC CALENDAR



S	M	T	W	T	F	S
	1	2 Mindfulness Hour - Body Scan 3:00-4pm Zoom	3	4 The Heidi Cooking Show! Learn how to make a simple dish! 5:00-6pm Zoom	5	6
7	8	9 Family Feud & More! 3:00-4pm Zoom	10	11 Remembrance Day	12 Saskatoon Public Library Indigenous Spotlight Tiffany Traverse Facebook Live Presentation 12-1pm	13
14	15 (Let Heidi know if you have a talent you'd like to share. A song, poem, artwork, dance, and so on.)	16 Talent Show! 3:00-4pm Zoom	17	18 Night Owl Yoga with Reanna 7-8pm Zoom	19 *Paint Night Registration Deadline*	20
21	22	23	24 Paint Night... During the Day! 3:00-4:30pm Zoom	25	26	27 Night Owl Paint Night... Actually at Night! 7:00-8:30pm Zoom
28	29	30 The Heidi Baking Show! Cookie time! 3:00-4pm Zoom				

Paint Night Supplies will be provided for participants located in Saskatoon only. Please let Heidi know by Nov 19th if you need supplies, and she will get them to you. For out of town artists or folks with their own materials, a list of needed items will be provided. Space and supplies are limited.

Please choose between the Day & Night Painting Groups. Heidi will be the teacher! The first 3 people to sign up and attend a Paint Night will receive a surprise gift card!

Heidi's current office schedule is  
Tue.-Fri. 9:00-2:00

We continue to work from home at this time.

Happy November everyone! Currently Rec. Group remains virtual! We are using Zoom!

TO RECEIVE A ZOOM INVITE, EMAIL [HEIDI@SCHIZOPHRENIA.SK.CA](mailto:HEIDI@SCHIZOPHRENIA.SK.CA) OR CONTACT 306-374-2224

Please take note of the group hours! We are testing some later times for any Night Owls out there.

ATTEND 3 OR MORE  
GROUPS AND BE  
ENTERED TO WIN A  
SURPRISE  
GIFT CARD AT THE END  
OF THE MONTH!

YAY!