

October 2021

SCHIZOPHRENIA SOCIETY REC CALENDAR

S	M	T	W	T	F	S
					1  Night Owl ~Live Virtual - Stand Up for Mental Health Comedy Show. 8-9pm Zoom	2
3	4	5  Popcorn Party & Popcorn Crafts!* 3:00-4:00 Zoom	6	7  Night Owl Trauma Informed Relaxation Meditation & More! 7 - 8:30pm Zoom	8	9
10	11  Thanks- Giving	12	13	14  Night Owl Yoga with Reanna 7-8pm Zoom	15	16
17	18	19  Mini Concert by Theresa Sokyrka; 1:00-2:00 Zoom	20	21	22	23  Night Owl Trauma Informed Relaxation Meditation & More! 7:00-8:30pm Zoom
24	25	26  Costume Party & Games!** 3:00-4:30 Zoom	27	28 	29  Night Owl Costume Party & Games!** 7-8:30pm Zoom	30
31  Halloween	Heidi's current office schedule is Tue.-Fri. 9:00-2:00 We continue to work from home at this time.			*Contact Heidi prior if you need some Popcorn! **There may just be costume and game prizes!		

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

TO RECEIVE A ZOOM INVITE, EMAIL 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.

~This Comedy Show
is a part of Culture
Days, you will be
sent a direct Zoom
link to the show.