

# Kenora District Peer Support Drop-in Centre

## Membership Meeting minutes from Oct/18/18

**Our Vision** - Mental health and wellness in all communities

**Our Mission** - to be a leader in the provision of advocacy, education, research and client-centered recovery-based services in the Kenora and Rainy-River District

**Our Values** - collaboration, empowerment and self-determination, diversity and social justice, accountability, integrity and transparency and innovation

### What's New?

- Please remember that O.D.S.P. will be coming to the Drop In: Wednesday, October 24 at 3 pm.
- The annual Flu Clinic will be held: Wednesday, November 7 from 2 to 3 pm. Lorna Smith, pharmacist Medicine Shoppe will be here to provide the service. Please bring your health card with you!
- We will be closed: Monday, November 12, in lieu of Remembrance Day.
- We will start the annual Christmas baking in November.



### Here's Some Important Tidbits!

- A Walmart day is scheduled for November! If you wish to participate, please sign up!
- Walking groups will start up again for the fall and winter season, sign up sheets will be posted!
- The Members would like to go to the pool and utilize the weight room this winter. Dates, times and sign up sheets will be available for those who wish to participate.



### Fundraising Ideas!

- Christmas Bake Sale: cookies, tarts, cupcakes
- Homemade soup & bannock
- Indian Tacos

*\* All proceeds will go to the planned outing at the Recreation Center: Wednesday, December 19—1 to 3 pm, swimming, waterslide, hot tub, sauna and pizza & hot chocolate for all participants!*



## Karaoke & Snack Day!

**When:** Friday, November 16 from 2 to 3:30 pm

**Where:** At the Drop In

\*Come on out and have some fun.....who knows, maybe you will win a prize!

### Some of the ideas and questions that the participants had were:

- When will we be having the Membership Christmas Supper?
- Will we be allowed to bring family members?
- We have to get ready for Christmas: baking and crafts. The days and times will be posted through November and December. Please look for it on the activity calendars.
- For Remembrance Day, the participants wanted to watch a "war movie" and have a snack.
- Some of the participants would like to go to town and "window shop" in November & December.
- We will look at another Walmart Day in December: grocery shopping and Christmas shopping.



## Fall/Winter 2018



## Remembrance Day



*Every day may not be good, but there is something good in every day.*