



May 2022

Crocus Cooperative



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| -MENTAL HEALTH WEEK- | | | | | | |
| 1 CROCUS CLOSED | 2 Chair Yoga for Anxiety & Stress @ 10:30am Finding Healing in Writing @ 1pm | 3 Mental Health discussion & Peer Support @ 10:30am Breathing Relaxation for Depression @1pm | 4 Credit Counselling Services – Debt Solutions @ 10:30am Coffee with Taylor & Lisa @ 1pm | 5 Dance your cares away (Just Dance) @ 10:30am Painting your Emotions @ 1pm | 6 Members/ Work mtg. 9:30am Uplifting mental health with music @ 10:30am (zoom) Documentary— “Nadia Hussain– Anxiety & ME”@ 1pm | 7 CROCUS CLOSED |
| 8 CROCUS CLOSED | 9 Chair Pilates @ 10:30am Women’s Group– Sharing Circle @ 1pm | 10 Music Appreciation @ 10:30am How to: Write a Story @1pm | 11 Self-care– Anxiety Coping Strategies & Resources @ 10:30am Name that Tune @ 1pm | 12 Chair Kickboxing @ 10:30am Coffee & Color @ 1pm | 13 Self-Care (Zoom) - Stress & what to do about it @ 10:30am Movie @ 1pm | 14 CROCUS CLOSED |
| 15 CROCUS CLOSED | 16 Chair Yoga @ 10:30am C.A.P. Financial Presentation @ 1pm | 17 How to: Create a Self-Care Plan @ 10:30am Creative Writing @ 1pm | 18 Meditation/ Breathing Relaxation @ 10:30am Men’s Group– Coffee Outing with Dylan @ 1pm | 19 Chair Tai Chi @ 10:30am Bingo @ 1pm | 20 Cooking— Broccoli Salad @ 10:30am (zoom) Documentary– Breaking Loneliness @ 1pm Closed @ 3pm | 21 CROCUS CLOSED |
| 22 CROCUS CLOSED | 23 Crocus Closed– Stat Holiday | 24 Social Program Mtg @10:30 *No Afternoon Program* | 25 Name that Tune @ 10:30am Planting Seeds @ 1pm | 26 Chair Pilates @ 10:30am Music Appreciation @ 1pm | 27 Goal Planning Accountability (Zoom) 10:30am Movie @ 1pm | 28 CROCUS CLOSED |
| 29 CROCUS CLOSED | 30 Chair Kickboxing @ 10:30am Goal Planning Accountability | 31 Creative Writing @ 10:30am Meditation/ Breathing Relaxation @ 1pm | | | | |