

# What's Happening

August 2 – August 31, 2010

## What Next! Peer Support / Drop-in Centre

3701 Chesswood Drive, Suite 208  
North York, ON M3J 2P6

[www.whatnextdropin.ca](http://www.whatnextdropin.ca)

**OPEN: Monday, Tuesday, Thursday, Friday: 12:00 noon - 7:00 pm**  
**CLOSED WEDNESDAYS.**

### *Want to join?*

To become a What Next!  
member please call to arrange  
an orientation 416-449-4555

**416-449-4555**

**Staff Extensions**

100 General Voicemail

221 Elizabeth

222 Tom



223 Chantalle

224 Mohamed

225 Kate

245 Theresa

# August 2010 - What Next! Calendar of Events

MONDAY	TUESDAY	THURSDAY	FRIDAY
<p><b>2</b>  <b><u>What Next is Closed</u></b>  <i>Simcoe Day!!!!</i></p>	<p><b>3</b>            1:00 – 3:00pm <b>Learning Games: Mahjong and Dominos</b>            3:30-4:30 <b>Walking Group</b></p>	<p><b>5</b>            12:00 - 2:00pm <b>Film Screening &amp; Discussion: Working Like Crazy</b>  <b>Bingo</b>3:00-4:30pm            5:00 - 7:00pm * <b>WRAP Group</b>            5:30 - 6:30pm <b>Music Appreciation</b></p>	<p><b>6</b>            1:00 - 3:00pm <b>Garden Games: Bocce, Horseshoes, Croquet</b>            1:00 - 3:00pm <b>Euchre</b>            3:45 - 5:00pm <b>Writer's Group</b>            5:00 - 7:00pm <b>Movie: Funny People</b></p>
<p><b>9</b>            1:30 - 3:00pm <b>Monday Afternoon Discussion Group</b>            3:00-4:00pm <b>Card Social</b>            4:00 - 4:45pm <b>Chair Yoga</b>            5:00 - 6:00pm <b>Walking Group</b></p>	<p><b>10</b>            1:00 - 2:30pm <b>Members Meeting Calendar Planning</b>            2:30 - 3:00pm <b>Birthday Cake Celebration for all August Birthdays</b>            3:00 - 4:00pm <b>Walking Group</b>            4:30 - 6:00pm <b>Book Club</b></p>	<p><b>12</b>            2:00 - 3:00pm <b>Volunteers Meeting</b>            4:00 - 5:00pm <b>Meditation</b>            5:00 – 7:00pm *<b>WRAP Group</b></p>	<p><b>13</b>            1:00 - 3:00pm <b>Art: Surrealist Games</b>            1:00 - 3:00pm <b>Euchre</b>            2:00-4:00pm <b>Knitting with Mary☺</b>            4:00 - 7:00pm <b>Movie: Night @ the Museum 2 (Comedy Kids)</b></p>
<p><b>16</b>            1:30 - 3:00pm <b>Monday Afternoon Discussion Group</b>            3:00 - 4:30pm <b>Card Games Social</b>            5:00 - 6:00pm <b>Walking Group</b>            5:00 - 6:00pm <b>Newsletter Meeting</b></p>	<p><b>17</b>            1:00 - 3:00pm <b>Opening Doors Workshop: Self-Care in Stressful Times</b>            3:30 - 4:30pm <b>Walking Group</b>            5:30 - 7:00pm <b>Music Appreciation</b></p>	<p><b>19</b>     <b>What Next! Closed</b>    <b>CMHA Barbeque</b>            11:30am-2:30pm  <b>at Columbus Centre</b></p>	<p><b>20</b>            12:00 - 2:30pm *<b>Healthy Living: Lunch &amp; Walk with Mohamed &amp; Chantalle</b>            (Sign Up Required)            1:00 - 3:00pm <b>Euchre</b>            4:00 - 7:00pm <b>Movie: The Informant (Drama)</b></p>
<p><b>23</b>            1:30 - 3:00pm <b>Monday Afternoon Discussion Group</b>            3:00 - 4:30pm <b>Card Games Social</b>            5:00 - 6:00pm <b>Walking Group</b></p>	<p><b>24</b>            12:30 – 2:30 <b>Checker Tournament</b>            3:00 - 4:00pm <b>Walking Group</b>            4:30 - 6:00pm <b>Book Club</b></p>	<p><b>26</b>            1:00 - 3:00pm <b>Art: Introduction to Portraiture: Drawing Each Other</b>            3:30 – 4:30pm <b>Workshop with Uzo on Friendships &amp; Relationships</b>            5:00 - 7:00pm *<b>WRAP Group</b></p>	<p><b>27</b>            12:00 - 2:30pm *<b>Healthy Living: Lunch &amp; Walk</b> (Sign Up Required)            1:00 - 3:00pm <b>Euchre</b>            4:30 - 7:00pm <b>Movie: Under The Same Moon(Drama)</b></p>
<p><b>30</b>            1:30 - 3:00pm <b>Monday Afternoon Discussion Group</b>            3:00 - 4:30pm <b>Card Games Social</b>            3:15 - 4:00pm <b>Walking Group</b>            5:00 - 6:00pm <b>Newsletter Meeting</b></p>	<p><b>31</b>            12:00 - 1:30pm <b>Coffee Club</b>            2:00 - 3:00pm <b>Art: Scrap booking</b>            3:30 - 4:30pm <b>Walking Group</b>            5:30pm - 7pm <b>Jam Session</b></p>		

## Event Descriptions

**\* All groups marked with an asterisk\* require sign-up. Ask What Next staff or check the bulletin board to sign-up for these activities.**

### **Art**

**Intro to Portraiture: Drawing Each Other** ((Mohamed)  
Practice drawing faces. Some instruction provided.

### **Knitting** (Mary)

Bring your current knitting project or come to learn a new stitch or how to get started with your own knitting.

### **Scrapbooking** (Chantalle)

Join us and bring your creativity to help create pages for a scrapbook of What Next! Memories.

### **Surrealist Games** (Mohamed)

A fun way to do art, creative writing, and play with ideas. Everyone is welcome to participate – no experience required, just an open mind.

### **Bingo** (Members)

Come play Bingo with us. Prizes

### **Book Club** (Tom)

Short Stories are read in advance (get from Tom) then discuss the story and author together.

### **Card Games Social** (Members)

Stay after the Monday Afternoon Discussion Group to enjoy a cup of coffee and a game of cards and continue to conversation.

### **Chair Yoga** (Chantalle)

Chair Yoga is for everyone. No matter what age you are or what condition you are in you can experience the health benefits of Yoga.

### **Checker Tournament** (Members)

Come and test out your checker playing skills in our first ever checker tournament.

### **CMHA Barbeque**

What Next! is going to the CMHA Barbeque! Join staff, members, and CMHA service users in celebrating the summer with food, games, music, and friends! Meet at the

Columbus Centre (901 Lawrence Ave. W. at the Northwest Corner of Lawrence and Dufferin).

### **Coffee Club-** (Everyone)

Every last Tuesday of the month, we will have coffee, bagels, muffins, and fruit. We can enjoy the opportunity to socialize and enjoy each others' company.

### **Euchre** (Members)

Play a game of Euchre with our dedicated card players.

### **Film Screening & Discussion: Working Like Crazy**

Documentary – A DVD about the struggles and victories of people who have had mental health challenges who work in businesses owned and run by other psychiatric survivors.

### **\*Healthy Living: Lunch & Walk**

(Elizabeth & Mohamed)

Prepare and enjoy an affordable, healthy lunch followed by a short walk. Vegan & Vegetarian-friendly.

### **Learning Games** (Members)

Members teach each other their favorite games.

### **Monday Afternoon Discussion Group** (Theresa)

Free-flow discussion group where we discuss matters of personal concern and topics of interest.

### **Music Appreciation** (Mohamed)

Bring in your favorite CD's, cassettes or musical talent to share and discuss in a group.

### **Music Jam Session** (Everyone)

Limited instruments provided, but please bring yours too!

### **Newsletter Meeting** (Elizabeth)

Come to the meeting of the newsletter committee to shape our next issue and develop your writing or computer skills.

### **Opening Doors Workshop: Self-Care in Stressful Times**

(Guests)

An interactive workshop designed to explore, adapt and build on our culturally diverse self-care strategies and practices.

**Sports** We provide equipment – you provide team spirit  
You can meet at What Next and walk over to the park as a group.

**Soccer:** Mohamed

**Garden Games: Bocce Ball, Horseshoes, Croquet:**

Anthony & Elizabeth

### **Volunteers Meeting** (Mohamed & Chantalle)

All volunteers are asked to attend this meeting to discuss how your volunteer position is going at WN.

### **\*Wellness Recovery Action Plan (WRAP group)**

(Elizabeth & Mohamed)

Members create a personal plan to keep themselves healthy and well in an 8-week closed peer group. Call to be put on a waiting list for the next group.

### **Walking Group** (Doug Mondays, Tom Tuesdays)

Join us on a gentle walk through the neighbourhood. Walk at your own pace for as long as is comfortable.

### **Writer's Group** (Michael, Shel, and/or Elizabeth)

Join us to practice your creative writing, do some fun writing exercises and work on your own projects.

# Low-Cost Activities in August

<b>Downsview Park's Movies Under the Stars</b>	<p>July 2 – Sept 1<sup>st</sup>, Every Friday Night</p> <p>Approximately 9pm, based on sunset.</p> <p>At Downsview Park: raised parking lot off Carl Hall Road, just east of John Drury Dr.</p>	<p>Bring your folding chair or a blanket to sit on and enjoy a <b>FREE</b> Friday night movie in the park! Food and beverages are welcome. Dogs on leashes are permitted. A rain location is set aside but dress for the weather!</p> <p>July 30: Fantastic Mr. Fox      Aug 20: Planet 51 Aug 6: Star Trek                Aug 27: The Blind Side Aug 13: Shorts                    Sept 1: Inkheart</p> <p style="text-align: center;"><a href="http://www.downsviewpark.ca/eng/movies.shtml">www.downsviewpark.ca/eng/movies.shtml</a></p>
<b>Dusk Dances</b>	<p><b>August 3-8 In Withrow Park</b> (South of Danforth between Logan &amp; Carlaw)</p> <p><b>August 12-15 at Chalkfarm Park</b> (Jane/Wilson)</p> <p><b>August 19-22 in Earlscourt Park</b> (St. Clair/Caledonia)</p>	<p><b>Dusk Dances is an outdoor dance festival</b> that brings high quality contemporary and traditional dance to public parks. As dusk descends, a theatrical host leads the audience -- which invariably includes children, dog walkers and local residents -- to five eclectic dance pieces that unfold in different areas of the park. Choreographers from various backgrounds create a ten-minute piece inspired by the park's natural environment. Each site has specific shows. A social and cultural event.</p> <p><b>Bands start at 7pm, Dance start at 7:30pm.</b> <b>Pay-what-you-can</b></p> <p style="text-align: center;"><a href="http://www.duskdances.ca">http://www.duskdances.ca</a></p>
<b>Pilaros Taste of the Danforth</b>	<p><b>August 6-8 Danforth Ave. (Between Broadview and Jones Avenue)</b></p>	<p>Greektown Taste of the Danforth sponsored by Pilaros is one of Toronto's signature events, showcasing the best of Hellenic food, culture, and music our multicultural city has to offer - from souvlaki to mezes, stuffed grape leaves to grilled lamb and moussaka, authentic Greek music to interactive children's games!</p> <p style="text-align: center;"><a href="http://www.tasteofthedanforth.com/">http://www.tasteofthedanforth.com/</a></p>
<b>Scotiabank Buskerfest</b>	<p><b>August 26-29 Front Street between Yonge &amp; Jarvis</b></p>	<p>Ontario's largest street performers' festival boasts a collection of musicians, sketch artists artisans and entertainers. Throughout the festival gutsy street performers boldly take their talent right into the audience, where spectator participation ensures that every set is just a little different.</p> <p>This event is <b>free</b> to attend but <b>donations are welcomed for Epilepsy Toronto.</b></p> <p style="text-align: center;"><a href="http://www.torontobuskerfest.com">www.torontobuskerfest.com</a></p>

Look in the C/S Info Bulletin for **FREE** and low cost activities.

You can receive a subscription to the Bulletin by calling (416) 595-2882, or check one out at What Next!