

Upcoming Events

- Special Thanks to Adnan, Charles and Mark N. for their help in moving the storage room. It was greatly appreciated.
- The movie festival is back. This months theme is adventure. The movies will be at 1 pm on Mon, Wed, Fri, and at 4 pm on Tue and Thurs.
- This month is for the guys. On June 20 we will be having guys night. Sign up with Erin if you want to attend.
- This months trip are Waterton on the 14th , Remington Carriage on the 21st, and the Royal Tyrell on the 28th. If you can't remember what trips you have signed up for just ask Erin.
- The monthly dinner will be on the 15th. You must sign up with Erin by the 12th if you want to attend. The cost is \$2. We will be having ribs.



Letter from Consumer



Hello Constant Reader,

Has it been hot enough for you? If you don't enjoy the heat, CMHA has air-conditioning! (ah... so nice). Just another GREAT reason to drop in and check out all the activities!

Also, please just a reminder to start using SUNSCREEN protection as our days get hotter. Why? Well, for one thing, we hardly have an ozone layer left anymore to "protect" our skin from the sun's harmful rays. ** But more importantly, many of us who take medications for mental illness are at a HIGHER risk of getting sunburned much faster! There are sunscreens out on the market now that you can just SPRAY ON! No more messy lotions - yahoo!

June is the month that we pay tribute to all the great "DADS", but down at the club we are having a SPECIAL evening reserved for "the men only". Sign up with Erin. It's a night you won't want to miss!

til next time,
Colleen.

*Advocacy

* Referrals

* Crisis Support

"That's what we do!"

Birthdays And Other Important Days In June

Bonnie T.	2	Father's Day	18
John M.	4	Carmen G.	21
Jennifer C.	4	Dixie S.	24
Trevor M.	6	Jesse W.	26
Garry C.	8	Debra S.	28
Joanne S.	11		
Donna P.	11		
Halina W.	12		

Hansen & Roskam Movie Review

Mission Impossible III

Hansen: This is the best of the series. It had a good love story as well as great action. This was one of Tom Cruise's better movies and I am not a big Tom Cruise fan. I thought it was a well made and well acted movie. I can honestly recommend this movie. I would give it a 8.

Roskam: It is far superior to the first two movies. Tom Cruise did most of his own stunts. It was well acted and well made. I would give it a 8 also. If you are looking for a good action movie this year then this is the movie for you.

American Dreamz

Hansen: This was a very funny movie with some interesting twists. It starred Hugh Grant and Mandy Moore in a comedy loosely based on American or Canadian Idol. It was well made with great music. I would give it a 8.

Roskam: This was a very funny comedy and I laughed my head off. I loved that it was a movie poking fun of the idol phenomenon. It had a great story and was well made. I would give it a 8.5. I think the actors did a great job especially Hugh Grant and Mandy Moore.

Depression & Bi-Polar Support Meeting

June 7, 14, 21, 28
Time: 7:00 pm till 9 pm

All meetings will be held on floor 1A, Room
109 at LRH
For more info call Rochelle @ 320-5824

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MON	TUE	WED	THU	FRI
			1 Volleyball @ 2:15 pm Craft Night (Father's Day Craft) @ 4 pm	2 Breakfast (Pop Tarts) @ 10am Day Bingo @ 11 am Golfing @ 2 pm
5 Movie Festival is back. This months theme "Adventure". The first movie will be Indiana Jones - Raiders of the Lost Ark @ 1 pm Mini Golf @ 2:15 pm	6 Breakfast (Muffins) @ 10 am Music Appreciation @ 11 am Pet Therapy @ 12 pm Movie (Indiana Jones - The Temple of Doom) @ 4 pm	7 Coffee Outing @ 1 pm Movie (Indiana Jones - The Last Crusade) @ 1 pm Bowling @ 2:15 pm	8 Brunch Club (Monte Cristo Sandwich) @ 12 pm, \$1.75 Movie (Die Hard) @ 4 pm	9 Breakfast (Banana Splits) @ 10am Day Bingo @ 11 am Movie (Die Hard 2) @ 1 pm YMCA @ 2 pm
12 Ultimate Frisbee @ 2:15 pm	13 Breakfast (Ice Cream Cake) @ 10 am Music Appreciation @ 11 am Casino Night @ 4 pm	14 Coffee Outing @ 1 pm Waterton Trip @ 9 am	15 Tour of the new Galt Museum @ 1 pm Dinner (Ribs) @ 4 pm, \$2 - Sign up with Erin by July 12	16 Breakfast (Turnovers) @ 10am Day Bingo @ 11 am
19 Western Movie @ 2 pm	20 Breakfast (Croissants) @ 10 am Music Appreciation @ 11 am Pet Therapy @ 12 pm Cooking Club Shopping @ 1 pm Guy's Night @ 4 pm	21 Coffee Outing @ 1 pm Remington Carriage Trip - Sign up with SSA	22 Brunch Club (Beef & Rice tacos) @ 12 pm, \$1.75 Cooking Club @ 4pm	23 Breakfast (Banana Bread) @ 10am Day Bingo @ 11 am Dog Show @ 2 pm
26 Basketball @ 2:15 pm	27 Breakfast (Smoothies) @ 10 am Music Appreciation @ 11 am Movie Night (The Pink Panther) @ 4 pm	28 Coffee Outing @ 1 pm Royal Tyrell Trip @ 8 am	29 Night Bingo (CMHA) @ 4 pm	30 Breakfast (Egg Pizza) @ 10am Day Bingo @ 11 am Fort Whoop Up @ 2pm