

**MENTAL HEALTH CONNECTIONS – August 2017 Program Schedule**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <p align="center"><b>Mental Health Connections</b><br/>370 Erie Street East<br/>Windsor, Ontario<br/>N9A 3X3<br/>Tel: (519) 256-4854<br/>Fax: (519) 256-3431<br/><a href="http://www.mentalhealthconnections.ca">www.mentalhealthconnections.ca</a></p>  | <p><b>1</b> 9:00 – 10:00 – Circuit Training<br/>9:00 – 11:30 – Pottery<br/>10:00 – 11:00 – Nutrition Class<br/>11:00 – 11:30 – Chair Exercises<br/>10:45 – 11:45 – Yoga<br/>12:00 – 12:30 – Computer Assistance<br/>12:30 – 3:30 – Wellness Recovery (WRAP) (5/8)<br/><b>1:00 – 4:00 – Mental Health Connections Closed</b></p>  | <p><b>2</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Ceramics<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>12:00 – 2:00 – Men’s Group – Movie<br/>12:00 – 2:00 – Women’s Group – Discussion<br/>12:45 – 3:30 – Aikido (Angie)</p>   | <p><b>3</b> 9:00 – 10:00 – Circuit Training<br/>9:00 – 11:00 – Knitting &amp; Crochet 101<br/><b>9:00 – 11:30 – Basic Ceramic Lessons (1/5)</b><br/><b>Understanding Products</b><br/>10:00 – 11:00 – Healthy Mind, Healthy Body<br/>11:00 – 11:30 – Chair Exercises<br/>11:00 – 12:00 – Yoga<br/>1:00 – 3:00 – Walmart<br/>1:00 – 3:00 – Art</p>  | <p><b>4</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Ceramics<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>1:00 – 3:00 – Home Repair<br/>1:00 – 3:00 – Writing Group<br/>1:00 – 3:00 – Independent Art &amp; Ceramics</p>   |
| <p align="center"><b>Closed for Civic Holiday</b></p>  | <p><b>8</b> 9:00 – 10:00 – Circuit Training<br/>9:00 – 11:30 – Pottery<br/>10:00 – 11:00 – Nutrition Class<br/>11:00 – 11:30 – Chair Exercises<br/>10:45 – 11:45 – Yoga<br/>12:30 – 3:30 – Wellness Recovery (WRAP) (6/8)<br/>1:00 – 3:00 – Cooking 101 (Sign Up with Steve)<br/>1:00 – 3:00 – Trip to the River</p>   | <p><b>9</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Ceramics<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>12:00 – 2:00 – Men’s Group – Pictionary<br/>12:00 – 2:00 – Women’s Group – Pictionary<br/>12:45 – 3:30 – Aikido<br/>2:00 – 3:00 – Chair Yoga</p> <p align="center">7:00 – 9:30 – Family Support Meeting</p>          | <p><b>10</b> 9:00 – 11:00 – Knitting &amp; Crochet 101<br/><b>9:00 – 11:30 – Basic Ceramic Lessons (2/5)</b><br/><b>Greenware Cleaning</b><br/>11:00 – 12:00 – Yoga<br/>1:00 – 3:00 – Art</p>  | <p><b>11</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Ceramics<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>12:00 – 1:00 – Guest Speaker (Learning Disability Assoc.)<br/>1:00 – 3:00 – Trip to the River<br/>1:00 – 3:00 – Writing Group</p>                           |
| <p><b>14</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Craft Sewing<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>10:00 – 11:00 – Yoga<br/>10:30 – 2:30 – Music<br/>1:00 – 3:00 – Advanced Ceramics<br/>1:00 – 3:00 – Basic Sewing Machine 101</p>  | <p><b>15</b> 9:00 – 10:00 – Circuit Training<br/>9:00 – 11:30 – Pottery<br/>9:30 – 10:00 – Current Events<br/>10:00 – 11:00 – Zumba<br/>10:00 – 11:00 – Nutrition Class<br/>11:00 – 11:30 – Basic Social Skills<br/>11:00 – 11:30 – Chair Exercises<br/>10:45 – 11:45 – Yoga<br/>12:00 – 12:30 – Computer Assistance<br/>12:30 – 3:30 – Wellness Recovery (WRAP) (7/8)<br/><b>1:00 – 4:00 – Mental Health Connections Closed</b></p> | <p><b>16</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Ceramics<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>10:00 – 11:00 – Chair Yoga<br/>12:00 – 2:00 – Men’s Group – Movie<br/>12:00 – 2:00 – Women’s Group – Karaoke<br/>12:45 – 3:30 – Aikido<br/>1:15 – 2:00 – Zumba for Beginners</p>                                    | <p><b>17</b> 9:00 – 10:00 – Circuit Training<br/>9:00 – 11:00 – Knitting &amp; Crochet 101<br/><b>9:00 – 11:30 – Basic Ceramic Lessons (3/5)</b><br/><b>Learning to Dry Brush</b><br/>9:30 – 10:00 – Current Events<br/>10:00 – 11:00 – Zumba<br/>10:00 – 11:00 – Healthy Mind, Healthy Body<br/>11:00 – 11:30 – Chair Exercises<br/>11:00 – 12:00 – Yoga<br/>1:00 – 3:00 – Art</p>  | <p><b>18</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Ceramics<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>12:00 – 1:00 – <b>Consumer Meeting</b><br/><b>1:00 – 3:00 – Birthday Bingo</b><br/>1:00 – 3:00 – Writing Group</p>  |
| <p><b>21</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Craft Sewing<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>10:30 – 2:30 – Music<br/>1:00 – 3:00 – Advanced Ceramics<br/>1:00 – 3:00 – Basic Sewing Machine 101</p>   | <p><b>22</b> 9:00 – 10:00 – Circuit Training<br/>9:00 – 10:30 – Pottery<br/>10:00 – 11:00 – Zumba<br/><b>10:30 – 1:00 – Games &amp; BBQ at Wigle Park</b><br/>11:00 – 11:30 – Basic Life Skills<br/>10:45 – 11:45 – Yoga<br/>12:30 – 3:30 – Wellness Recovery (WRAP) (8/8)<br/>1:00 – 3:00 – Cooking for Kitchen Staff<br/><b>1:00 – 3:30 – Trip to the Food Bank</b><br/><b>(Sign Up with Lorna Starts Aug 16)</b></p>              | <p><b>23</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Ceramics<br/>9:30 – 11:00 – Wii Fit<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>12:00 – 2:00 – Men’s Group – Family Feud<br/>12:00 – 2:00 – Women’s Group – Family Feud<br/>12:45 – 3:30 – Aikido<br/>1:15 – 2:00 – Zumba for Beginners<br/>2:00 – 3:00 – Chair Yoga</p> | <p><b>24</b> 9:00 – 10:00 – Circuit Training<br/>9:00 – 11:00 – Knitting &amp; Crochet 101<br/><b>9:00 – 11:30 – Basic Ceramic Lessons (4/5)</b><br/><b>Dry Brush Techniques</b><br/>9:30 – 10:00 – Current Events<br/>10:00 – 11:00 – Zumba<br/>10:00 – 11:00 – Healthy Mind, Healthy Body<br/>11:00 – 11:30 – Chair Exercises<br/>11:00 – 12:00 – Yoga<br/><b>1:00 – 3:30 – Trip the Food Bank</b><br/><b>(Sign Up with Lorna Starting Aug 21)</b><br/>1:00 – 3:00 – Art</p> | <p><b>25</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Ceramics<br/>9:30 – 11:00 – Basic Workout<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>1:00 – 3:00 – Trip to Devonshire Mall<br/>1:00 – 3:00 – Writing Group<br/>1:00 – 3:00 – Independent Art &amp; Ceramics</p> |
| <p><b>28</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Craft Sewing<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>10:30 – 2:30 – Music<br/>11:30 – 12:30 – Personal Growth – Organizational Skills Purpose of Being Organized<br/>1:00 – 2:00 – WRAP Support &amp; Review<br/>1:00 – 3:00 – Advanced Ceramics<br/>1:00 – 3:00 – Trip to Ojibway</p> | <p><b>29</b> 9:00 – 10:00 – Circuit Training<br/>9:00 – 11:30 – Pottery<br/>10:00 – 11:00 – Nutrition Class<br/>11:00 – 11:30 – Chair Exercises<br/>10:45 – 11:45 – Yoga<br/>12:00 – 12:30 – Computer Assistance<br/><b>12:30 – 3:30 – Wellness Recovery (WRAP) (1/8)</b><br/><b>1:00 – 4:00 – Mental Health Connections Closed</b></p>  | <p><b>30</b> 9:00 – 9:30 – Mental Aerobics<br/>9:00 – 11:30 – Ceramics<br/>9:45 – 11:15 – Equipment Workout<br/>10:00 – 10:45 – Aqua Fit<br/>12:00 – 2:00 – Men’s Group – Pictionary<br/>12:00 – 2:00 – Women’s Group – Bingo<br/>12:45 – 3:30 – Aikido</p>  | <p><b>31</b> 9:00 – 10:00 – Circuit Training<br/>9:00 – 11:00 – Knitting &amp; Crochet 101<br/><b>9:00 – 11:30 – Basic Ceramic Lessons (5/5)</b><br/><b>Dry Brush Techniques</b><br/>10:00 – 11:00 – Healthy Mind, Healthy Body<br/>11:00 – 11:30 – Chair Exercises<br/>11:00 – 12:00 – Yoga<br/>1:00 – 3:00 – Chimczuk Museum<br/>1:00 – 3:00 – Art</p>   |  |

# Mental Health Connections Program Highlights

**Games & BBQ at  
Wigle Park  
August 22, 2017**

**10:30 a.m. – 1:00 p.m.**

**FAMILY  
SUPPORT &  
EDUCATION**  
Group or  
individual sessions  
available.

**BUDGETING  
CLASS.** Learn  
how to budget your  
money.

Join the  
**COOKING  
CLASS**  
And learn new  
techniques and  
cooking on a budget.

Try your hand  
at **CERAMICS**.  
This can help with  
relaxation and fine  
motor skills and the  
satisfaction of a  
completed product.

**HEALTHY MIND  
AND BODY** teaches  
you strategies to cope  
with stress both  
emotionally and  
physically.

Provide feedback  
on the program?  
Attend the  
**MONTHLY  
CONSUMER  
MEETINGS.**

Have you  
thought about  
learning how to use  
**COMPUTERS?**  
Classes are offered for  
basic computer, Word,  
email and internet.

Attend the  
4 Week **SELF  
ESTEEM  
GROUP** to  
enhance the value of  
your life.

**MEN'S &  
WOMEN'S  
GROUPS** meet every  
Wednesday where  
various activities are  
offered including a

**WOULD YOU  
LIKE TO LEAD A  
HEALTHY LIFESTYLE?**

**RELAXATION**  
Aikido  
Yoga

**PHYSICAL  
FITNESS**  
Equipment Workout  
Aqua Fit Open Gym  
Aerobics Bowling  
Zumba

**NUTRITION**  
Learn the basics of  
healthy eating and  
weight  
management

Interested in  
paid employment?  
Find out about the  
**VOCATIONAL  
PROGRAM.**

Learn about your illness,  
triggers and boundaries.  
The **WELLNESS  
RECOVERY ACTION  
PLAN (WRAP)** class is  
offered on Tuesdays and  
when completed, a support  
group is available.

Are you  
interested in  
**PERSONAL  
GROWTH?** 4 week  
classes on various  
topics are offered on  
Mondays.

Join the  
**WRITING  
GROUP** on  
Fridays and express  
your creativity.

Have you ever  
wanted to sketch or  
learn artwork but didn't  
know how? Join the  
**ART GROUP** on  
Thursdays and let your  
talent develop.

Have you  
thought of learning to  
**PLAY A MUSICAL  
INSTRUMENT OR  
TO LEARN HOW TO  
SING?** A professional  
music teacher is available  
on Mondays.

### Mental Health Connections - August 2017 Leamington Schedule

| Monday | Tuesday  | Wednesday | Thursday  | Friday  |
|--------|--|-----------|---|---|
|        | 1 1:00 – 3:00<br><br>Art - Sketching<br>Yoga   | 2         | 3 1:00 – 3:00<br><br>Chair Exercises<br>Nutrition                   | 4   |
| 7      | 8 1:00 – 3:00<br><br>Writing Group<br>Yoga   | 9         | 10 1:00 – 3:00<br><br>Mental Aerobics<br>Home Repair                | 11  |
| 14     | 15 1:00 – 3:00<br><br>Chair Exercises<br>Mental Aerobics<br>Letting Go & Moving On                 | 16        | 17 1:00 – 3:00<br><br>Chair Exercises<br>Healthy Mind, Healthy Body | 18  |
| 21     | 22 1:00 – 3:00<br><br>Chair Exercises<br>Mental Aerobics<br>Keeping Healthy<br>Relationships Alive | 23        | 24 1:00 – 3:00<br><br>Chair Exercises<br>Nutrition                  | 25  |
| 28     | 29 1:00 – 3:00<br><br>Art - Sketching<br>Yoga  | 30        | 31 1:00 – 3:00<br><br>Chair Exercises<br>Healthy Mind, Healthy Body | <b>Mental Health Connections</b><br>370 Erie Street East<br>Windsor, Ontario<br>N9A 3X3<br>Tel: (519) 256-4854<br>Fax: (519) 256-3431<br><a href="http://www.mentalhealthconnections.ca">www.mentalhealthconnections.ca</a> |

Mental Aerobics – Variety of word searches, Sudoku, crosswords, to get your mind moving

Circuit Training – Variety of different exercises for the whole body. Move through each exercise for 45 second increments.

Writing Group – Learn new techniques to write poetry and short stories

Art – Learn to sketch. No drawing experience necessary!