


MENTAL HEALTH CONNECTIONS – October 2017 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 11:00 – Euchre Tournament 9:45 – 11:15 – Equipment workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Organizing in a Crisis Gather, Organize & Prioritize Facts 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Relationships – Introduction 1:00 – 3:00 – Ceramic Project (3/4) Working with Underglaze 2:00 – 3:00 – Living with Diabetes (Understanding Diabetes)</p>	<p>3 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Basic Life Skills 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (6/8) 1:00 – 3:00 – Value Village 7:00 – 9:30 – Family to Family Education (2/12)</p>	<p>4 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics (Wen) 9:30 – 11:00 – Games/Activities (A) 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women’s Group – Discussion 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 2:00 – 3:00 – Chair Yoga</p>	<p>5 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Project (1/4) Product Knowledge 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 11:45 – Wellness Program (1/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Walmart 1:00 – 3:00 – Art</p>	<p>6 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 1:00 – 3:00 – Bowling at Rose Bowl 1:00 – 3:00 – Writing Group</p>
<p align="center">CLOSED for Thanksgiving</p>	<p>10 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:30 – Trip to Mission Food Bank (sign up with Lorna Starts Oct. 12) 11:00 – 11:30 – Basic Social Skills 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 12:00 – 12:30 – Basic Computer Knowledge 12:30 – 3:30 – Wellness Recovery (WRAP) (7/8) 1:00 – 4:00 – Mental Health Connections Closed (Jeanie) 7:00 – 9:30 – Family to Family Education (3/12)</p>	<p>11 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Women’s Group – Games 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 7:00 – 9:30 – Family Support Meeting</p>	<p>12 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Project (2/4) Greenware Cleaning 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 11:45 – Wellness Program (2/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Chiczuk Museum 1:00 – 3:00 – Art</p>	<p>13 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:00 – 11:00 – Yoga 12:00 – 1:00 – Consumer Meeting 1:00 – 3:00 – Home Repair 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Writing Group</p>
	<p>16 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:00 – 10:00 – Basic Workout 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Organizing in a Crisis Actions to Create Positive Outcomes 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Relationships – Navigating Relationships Part One 1:00 – 3:00 – Ceramic Project (4/4) Working with Underglaze 2:00 – 3:00 – Living with Diabetes (Strategies for Living with Diabetes)</p>	<p>17 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Basic Life Skills 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (8/8) 1:00 – 3:00 – Scrabble 1:00 – 3:30 – Trip to Devonshire Mall 7:00 – 9:30 – Family to Family Education (4/12)</p>	<p>18 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Wii Fit 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Men’s Group – Movie 12:00 – 2:00 – Women’s Group – Movie 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 2:00 – 3:00 – Chair Yoga</p>	<p>19 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Project (3/4) Working with Acrylics 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 11:45 – Wellness Program (3/4) 11:00 – 12:00 – Yoga 1:00 – 3:30 – Trip to Food Bank (Sign Up with Lorna Starting Oct 16) 1:00 – 3:00 – Art</p>
<p>23 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 1:00 – 2:00 – Relationships – Navigating Relationships Part Two 1:00 – 3:00 – Ceramic Project (1/4) Product Knowledge 2:00 – 3:00 – Living with Diabetes (Benefits of Physical Activity)</p>	<p>24 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Chair Exercises 11:00 – 11:30 – Basic Social Skills 12:00 – 12:30 – Basic Computer Knowledge 12:30 – 3:30 – Wellness Recovery (WRAP) (1/8) 1:00 – 4:00 – Mental Health Connections Closed 7:00 – 9:30 – Family to Family Education (5/12)</p>	<p>25 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Wii Fit 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 2:00 – Men’s Group – Pictionary 12:00 – 2:00 – Women’s Group – Bingo 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners</p>	<p>26 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Project (4/4) Working with Acrylics 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 11:45 – Wellness Program (4/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Art</p>	<p>27 Annual Tri-County Halloween Party St. Angela’s Centre & Hall (Windsor) 11:00 a.m. – 2:00 p.m. Lunch is provided Cost: \$5.00 Sign Up with Lorna Check in at St. Angela’s Centre & Hall 10:45 a.m. Located at: 750 Erie Street East, Windsor</p> 
<p>30 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Games/Activities 9:45 – 11:15 – Equipment workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 1:00 – 2:00 – Relationships – Nurturing Relationships Part One 1:00 – 3:00 – Ceramic Project (2/4) Greenware Cleaning 2:00 – 3:00 – Living with Diabetes (Resistance Training)</p>	<p>31 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 9:30 – 10:00 – Current Events 10:00 – 11:00 – Zumba 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Basic Life Skills 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (2/8) 1:00 – 3:00 – Trip to Ojibway Sign Up with Angie – Space is Limited 7:00 – 9:30 – Family to Family Education (6/12)</p>			<p align="center">Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca</p>

Mental Health Connections – October 2017 Leamington Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 1:00 – 3:00 Nutrition (How to Stay on Track During the Holidays) Resistance Training	4	5 1:00 – 3:00 Circuit Training Home Repairs	6
CLOSED for Thanksgiving	10 1:00 – 3:00 Nutrition (Healthy Meal Prep Ideas) Chair Exercises	11	12 1:00 – 3:00 Circuit Training Home Repair	13
16	17 1:00 – 3:00 Nutrition (Decoding Food Label Claims) Resistance Training	18	19 1:00 – 3:00 Circuit Training Fire Safety	20
23	24 1:00 – 3:00 Nutrition (Navigating Restaurants to Eat Healthy) Chair Exercises	25	26 1:00 – 3:00 Nutrition (Building a Healthy Pantry) Resistance Training	27 Tri County Halloween Party St. Angela's Centre and Hall 750 Erie Street East Windsor Cost: \$5.00 includes lunch Please sign up with Steve
30	31 1:00 – 3:00 Happy Halloween			Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca

Chair Exercises – Learn stretching and cardio techniques while sitting in the comfort of a chair

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

Nutrition – Learn how and why eating healthy is important to staying well

Resistance Training – Using your own body's strength to work out

Fire Safety – Learn tips to help prevent a fire in your home

Home Repair – Simple solutions to everyday annoying home problems

Mental Health Connections Program Highlights

Tri-County Halloween Party
St. Angela's Centre and Hall
Oct. 27, 2017

11:00 a.m. – 2:00 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.