

MENTAL HEALTH CONNECTIONS - July 2018 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
2 <div style="text-align: center; font-size: 1.2em; font-weight: bold;">Closed for Canada Day</div>	3 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (2/8) 1:00 – 4:00 – Mental Health Connections Closed	4 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 – Men's Group – Pictionary 12:00 – 2:00 – Women's Group – Discussion 12:45 – 3:30 – Aikido 1:00 – 1:45 – Zumba 2:15 – 3:15 – Drumming	5 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (6/6) Topic: Dry Brushing 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Art 1:00 – 3:00 – Trip to the River	6 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 – 1:00 – Consumer Meeting 1:00 – 3:00 – Games at Wigle Park 1:00 – 3:00 – Euchre Tournament 1:00 – 3:00 – Writing Group - Outing 1:00 – 3:00 – Independent Art & Ceramics
9 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 11:30 – 12:30 – Personal Growth – Self Expression (Identifying Thoughts & Feelings) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Communications 1:00 – 3:00 – Ceramic Lessons (3/6) Topic: Under Glaze 2:00 – 3:00 – Living With Diabetes	10 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Pottery 11:00 – 12:00 – Yoga 10:30 – 1:00 – Games & BBQ Wigle Park 12:30 – 3:30 – Wellness Recovery (WRAP) (3/8) 1:00 – 3:00 – Scrabble Game 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Cooking 101 Sign up with Steve – Seating Limited 1:00 – 2:00 – Express Yourself Thru Art	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 – Men's Group – Karaoke 12:00 – 2:00 – Women's Group – Karaoke 12:45 – 3:30 – Aikido 2:00 – 3:00 – Chair Yoga 7:00 – 9:30 – Family Support Meeting	12 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons Topic: Dry Brushing 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to Walmart 1:00 – 3:00 – Art	13 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 – Birthday Bingo 1:00 – 3:00 – Writing Group
16 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 11:30 – 12:30 – Personal Growth – Self Expression (Express Feelings Without Blame) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Communications 1:00 – 3:00 – Ceramic Lessons (4/6) Topic: Under Glaze 2:00 – 3:00 – Living with Diabetes	17 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:30 – Mission Food Bank (Sign Up with Lorna starts July 11) 11:00 – 12:00 – Yoga 12:00 – 12:30 – Basic Computer Knowledge 12:30 – 3:30 – Wellness Recovery (WRAP) (4/8) 1:00 – 4:00 – Mental Health Connections Closed	18 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 – Men's Group – Movie 12:00 – 2:00 – Women's Group – Movie 12:45 – 3:30 – Aikido 2:15 – 3:15 – Drumming	19 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (1/6) Topic : Product Knowledge 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:30 – Mission Food Bank (Sign Up with Lorna starts July 16) 1:00 – 3:00 – Art	20 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 – Home Repair 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics
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 11:30 – 12:30 – Personal Growth – Self Expression (Express Wants & Needs Responsibly) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Communications 1:00 – 3:00 – Ceramic Lessons (5/6) Topic: Under Glaze	24 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (5/8) 1:00 – 3:00 – Trip to Ojibway 1:00 – 2:00 – Express Yourself Thru Art	25 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 – Men's Group – Pictionary 12:00 – 2:00 – Women's Group – Bingo 12:45 – 3:30 – Aikido (Peer) 2:00 – 3:00 – Chair Yoga	26 9:00 – 10:00 – Circuit Training (Peer) 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (2/6) Topic: Greenware Cleaning 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to Devonshire Mall 1:00 – 3:00 – Art	27 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 – Trip to the River 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics
30 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:45 – 11:15 – Equipment Workout 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Self Expression (Respect the Right of Choice) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Communications 1:00 – 3:00 – Ceramic Lessons (6/6) Topic: Under Glaze 2:00 – 3:00 – Living with Diabetes AQUAFIT CANCELLED TODAY	30 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:00 – Nutrition Class 11:00 – 11:30 – Chair Exercises 12:30 – 3:30 – Wellness Recovery (WRAP) (6/8) 1:00 – 4:00 – Mental Health Connections Closed			Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca