

MENTAL HEALTH CONNECTIONS - May 2018 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
MENTAL HEALTH WEEK May 7th-13th	1 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) (1/8) 1:00 – 3:00 – WFCU Nature Walk 1:00 – 3:00 – Scrabble 1:00 – 3:00 – Cooking 101 (Sign Up with Steve – Seating Limited)	2 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 – Discussion 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 2:00 – 3:00 – Chair Yoga	3 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (3/6) (Working with Underglaze) 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 – Budgeting (4/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to Walmart 1:00 – 3:00 – Art	4 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Basic Workout 9:30-11:00 – Euchre Tournament 9:45 – 11:15 – Equipment Workout 1:00 – 3:00 – Bowling at Rose Bowl 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics
7 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 11:00 – 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 – Empowerment (Defining Self Respect & Worth) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies – Assertiveness 1:00 – 3:00 – Ceramic Lessons (2/6) Greenware Cleaning 2:00 – 3:00 – Living With Diabetes	8 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 Social Skills 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	9 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 – 1:00 – Talking Helps – Distress Centre 1:00 – 2:00 – Men's Group – Pictionary 1:00 – 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	10 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (4/6) (Working with Underglaze) 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 – Basic Wellness (1/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Chimczuk Museum 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Art	11 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Basic Workout 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 12:00 – 1:00 – Consumer Meeting 1:00 – 3:00 – Birthday Bingo 1:00 – 3:00 – Writing Group - Outing
14 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 11:00 – Euchre Game 9:45 – 11:15 – Equipment Workout 10:00 – 10:45 – Aqua Fit 10:30 – 2:30 – Music 11:30 – 12:30 – Personal Growth – Empowerment (Building Self Esteem) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies – Assertiveness 1:00 – 3:00 – Ceramic Lessons (3/6) Working with Glaze 2:00 – 3:00 – Living With Diabetes	15 9:00 – 10:00 – Circuit Training 9:00 – 10:30 – Pottery 10:00 – 11:00 – Zumba 11:00 – 11:30 – Basic Life Skills 11:00 – 12:00 – Yoga 10:30 – 1:00 – Games & BBQ Wigle Park 12:30 – 3:30 – Wellness Recovery (WRAP) (3/8) (Bill) 1:00 – 3:00 – Walk at Ojibway 1:00 – 3:00 – Cooking with Kitchen Staff	16 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Ceramics 9:30 – 11:00 – Crib Game 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	17 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (5/6) (Working with Underglaze) 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 – Basic Wellness (2/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Art 1:00 – 3:30 – Mission Food Bank (Sign Up with Lorna starts May 14)	18 9:00 – 3:30 – Games/Activities Greenview Aviaries Cost: \$5.00 (Please see Lorna to sign up) Sign in by 9:15 a.m. Bus leaves at 9:30 a.m.
Closed for Victoria Day Holiday	22 9:00 – 10:00 – Circuit Training 9:00 – 11:30 – Pottery 10:00 – 11:30 – Mission Food Bank (Sign Up with Lorna starts May 15) 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	23 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 – 2:00 – Men's Group – Pictionary 12:00 – 2:00 – Women's Group – Karaoke 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners	24 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (6/6) (Working with Underglaze) 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 – Basic Wellness (3/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Devonshire Mall 1:00 – 3:00 – Euchre Game 1:00 – 3:00 – 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 10:00 – 11:00 – Yoga 1:00 – 3:00 – Trip to Walmart 1:00 – 3:00 – Home Repair 1:00 – 3:00 – Writing Group 1:00 – 3:00 – Independent Art & Ceramics
28 9:00 – 9:30 – Mental Aerobics 9:00 – 11:30 – Craft Sewing 9:30 – 11:00 – 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 – Empowerment (Communicating Effectively) 1:00 – 2:00 – WRAP Support & Review 1:00 – 2:00 – Recovery Strategies – Assertiveness 1:00 – 3:00 – Ceramic Lessons (4/6) Working with Glaze 1:00 – 3:00 – Living with Diabetes	29 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 10:00 – 11:30 – Basic Life Skills 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (5/8) 1:00 – 3:00 – Walk at the River 1:00 – 3:00 – Scrabble Game 1:00 – 3:00 – Wii Fit	30 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 – Walk 12:00 – 2:00 – Women's Group – Bingo 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 2:00 – 3:00 – Chair Yoga	31 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (1/6) (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 – Basic Wellness (4/4) 11:00 – 12:00 – Yoga 1:00 – 3:00 – Trip to the River 1:00 – 3:00 – Euchre Game 1:00 – 3:00 – Art	Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca