

MENTAL HEALTH CONNECTIONS – November 2017 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		<p>1 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 12:00 – 2:00 – Men’s Group – Charades 12:00 – 2:00 – Women’s Group – Charades 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 2:00 – 3:00 – Chair Yoga</p>	<p>2 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (5/5) 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 – 12:30 – Cribbage Tournament 11:00 – 12:00 – Yoga 1:00 – 3:00 – Walmart 1:00 – 3:00 – Art</p>	<p>3 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 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>6 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 – Nurturing Relationships Part One 1:00 – 3:00 – Ceramic Lessons (3/4) Working with Acrylics 2:00 – 3:00 – Living with Diabetes Benefits of Physical Activity</p>	<p>7 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 12:00 – 12:30 – Basic Computer Knowledge 12:30 – 3:30 – Wellness Recovery (WRAP) (3/8) 1:00 – 4:00 – Mental Health Connections Closed 7:00 – 9:30 – Family to Family Education (7/12)</p>	<p>8 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 – Discussion 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners 7:00 – 9:30 – Family Support Meeting</p>	<p>9 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (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 – 12:30 – Euchre Tournament 11:00 – 12:00 – Yoga 1:00 – 3:00 – Art 1:00 – 3:30 – Mission Food Bank (Sign Up with Lorna starts Nov 7)</p>	<p>10 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 – Birthday Bingo 1:00 – 3:00 – Writing Group</p>
<p>13 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 – Nurturing Relationships Part Two 1:00 – 3:00 – Ceramic Lessons (4/4) Working with Acrylics 2:00 – 3:00 – Living with Diabetes Resistance Training</p>	<p>14 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) (4/8) 1:00 – 3:00 – Scrabble Game 7:00 – 9:30 – Family to Family Education (8/12)</p>	<p>15 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 – Pictionary 12:45 – 3:30 – Aikido 1:15 – 2:00 – Zumba for Beginners</p>	<p>16 Annual Tri-County Colasanti’s Trip 9:00 am – 3:00 pm Lunch and Activity Provided Please Sign Up with Lorna \$5.00 Sign In with Angie by 9:15 am Bus Leaves at 9:30 am</p>	<p>17 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 1:00 – 3:00 – Independent Art & Ceramics</p>
<p>20 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 – Communication Part One 1:00 – 3:00 – Ceramic Lessons (1/4) Product Knowledge 2:00 – 3:00 – Living with Diabetes Managing Diabetes Through Diet</p>	<p>21 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 – Mission Food Bank (Sign Up with Lorna starts Nov. 15) 11:00 – 11:30 – Basic Social Skills 11:00 – 12:00 – Yoga 12:00 – 12:30 – Basic Computer Knowledge 12:30 – 3:30 – Wellness Recovery (WRAP) (5/8) 1:00 – 4:00 – Mental Health Connections Closed 7:00 – 9:30 – Family to Family Education (9/12)</p>	<p>22 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</p>	<p>23 Annual American Thanksgiving Parade & Football Party 9:00 – 9:30 – Mental Aerobics 9:00 – 10:30 – Scrabble Game 9:30 – 11:30 – Thanksgiving Day Parade 10:00 – 11:00 – Zumba 11:00 – 12:00 – Yoga 12:00 – 3:30 – Chili Lunch & Football Game 1:00 – 3:00 – Art (Upstairs)</p>	<p>24 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</p>
<p>27 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 – Communication Part Two 1:00 – 3:00 – Ceramic Lessons (2/4) Greenware Cleaning</p>	<p>28 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 Life Skills 11:00 – 12:00 – Yoga 12:30 – 3:30 – Wellness Recovery (WRAP) (6/8) 1:00 – 3:00 – Ojibway Park Walk 7:00 – 9:30 – Family to Family Education (10/12)</p>	<p>29 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 2:00 – 3:00 – Chair Yoga</p>	<p>30 9:00 – 10:00 – Circuit Training 9:00 – 11:00 – Knitting & Crochet 101 9:00 – 11:30 – Ceramic Lessons (2/4) Greenware Cleaning 10:00 – 11:00 – Healthy Mind, Healthy Body 11:00 – 11:30 – Chair Exercises 11:00 – 12:00 – Yoga 1:00 – 3:00 – Wii Fit 1:00 – 3:00 – Art</p>	

Mental Health Connections Program Highlights

Trip to Colasanti's
Thursday November 16

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.