

Leamington Mental Health Connections – October 2019 Program Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|--|-----------|---|--------|
| | <p>1</p> <p>Chair Exercises</p> <p>Discussion On Learning Something New</p> <p>Write A Couplet Poem</p> | 2 | <p>3</p> <p>Chair Exercises</p> <p>Discussion On The Fall Season</p> <p>Make Fall Wreaths</p> | 4 |
| 7 | <p>8</p> <p>Colasanti's For Goofy Golf</p> <p>Cost : \$5.00</p> <p>Meet There In The 2nd Parking Lot At 1:00 Sharp</p> | 9 | <p>10</p> <p>Chair Exercises</p> <p>Discussion On Gratitude</p> <p>Thanksgiving Day Craft With Clay</p> | 11 |
| 14 | <p>15</p> <p>Chair Exercises</p> <p>Discussion On How To Change Your Attitude</p> <p>Practice That</p> | 16 | <p>17</p> <p>Chair Exercises</p> <p>Discussion On Problem Solving</p> <p>Easy Math Quiz</p> | 18 |
| 21 | <p>22</p> <p>Chair Exercises</p> <p>Discussion On Priorities</p> <p>Make A Priority Checklist</p> | 23 | <p>24</p> <p>Chair Exercises</p> <p>Discussion On Being Patient</p> <p>Patience Game</p> | 25 |
| 28 | <p>29</p> <p>Chair Exercises</p> <p>Discussion On The Origin Of Halloween</p> <p>Journaling</p> | 30 | <p>31</p> <p>Chair Exercises</p> <p>Group Celebration</p> | |