

Mental Health Connections - November 2017 Leamington Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Mental Health Connections 370 Erie Street East Windsor, Ontario N9A 3X3 Tel: (519) 256-4854 Fax: (519) 256-3431 www.mentalhealthconnections.ca		1	2 1:00 – 1:15 – Warm Up Discussion 1:15 – 1:45 – Chair Exercises 2:00 – 3:00 – Games (Scrabble)	3
6	7 1:00 – 1:15 – Warm Up Discussion 1:15 – 1:45 – Circuit Training 2:00 – 3:00 – Sleep & Mental Health	8	9 1:00 – 1:15 – Warm Up Discussion 1:15 – 1:45 – Chair Exercises 2:00 – 3:00 – The Importance of Protein	10
13	14 1:00 – 3:00 – Consumer Meeting	15	16 Trip to Colasanti's* 10:30 a.m. – 2:00 p.m. Lunch & Activity Provided \$5.00	17
20	21 1:00 – 1:15 – Warm Up Discussion 1:15 – 1:45 – Circuit Training 2:00 – 3:00 – Good Carbs/Bad Carbs	22	23 Annual American Thanksgiving Parade & Football Party at Mental Health Connections (Windsor Location)**	24
27	28 1:00 – 1:15 – Warm Up Discussion 1:15 – 1:45 – Circuit Training 2:00 – 3:00 – Keeping a Healthy Gut	29	30 1:00 – 1:15 – Warm Up Discussion 1:15 – 1:45 – Chair Exercises 2:00 – 3:00 – Keeping Your Brain Sharp	

***Colasanti's** – Cost is \$5.00 - includes lunch (pizza, fries and pop) and either watching the animal show or playing mini golf. Please let Steve know which activity you are interested in when you pay

**Please join us at our Windsor location for the Annual American Thanksgiving Parade & Football Party. There is no cost to participate. Come and watch the parade, enjoy chili/salad/roll for lunch and cheer the Detroit Lions to victory! ☺ You are more than welcome to participate in any other activities going on at MHC that day as well. Please see Windsor schedule for details.