

# Mental Health Connections

## 2021 Zoom Class Schedule

### **Monday:**

10:00 am – 11:00 am – Fitness

11:00 am – 12:00 pm – Recovery Strategies (Depression & Coping Skills)

12:00 pm – 1:00 pm – LUNCH

1:00 pm – 2:00 pm – Mindfulness (Self Care & Meditation)

3:00 pm – 3:30 pm – ZUMBA Gold Seated

### **Tuesday:**

10:00 am – 11:00 am – Anxiety (New Class)

11:00 am – 12:00 pm – Yoga

12:00 pm – 1:00 pm – LUNCH

1:00 pm – 3:00 pm – Leamington Group

### **Wednesday:**

10:00 am – 11:00 am – Fitness

11:00 am – 12:00 pm – Anxiety (Original Group)

12:00 pm – 1:00 pm – LUNCH

1:00 pm – 2:00 pm – ZUMBA Gold

2:00 pm – 3:00 pm – Nutrition and Wellness Roundtable

7:30 pm – 8:30 pm – Yoga (Restorative)

### **Thursday:**

11:00 am – 12:00 pm – Yoga

12:00 pm – 1:00 pm – LUNCH

1:00 pm – 2:00 pm – Writer's Group

2:00 pm – 3:00 pm – Games and Socializing

### **Friday:**

10:00 am – 11:00 am – Fitness

11:00 am – 12:00 pm – Self Esteem

12:00 pm – 1:00 pm – LUNCH

1:00 pm – 3:00 pm – Art