

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431</p>			<p>1 9:15 10:00 Trivia 10:00 11:00 Chair Exercises 10:00 12:00 Ceramics 11:00 12:00 Yoga 1:00 2:00 Recovery Strategies (Understanding Codependency) 2:00 3:00 Photography</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>2 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke 12:30 2:30 Knit & Crochet 1:00 2:00 Life Skills (Being Realistic) 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 12:00 12:45 Zumba Gold Toning and LaBlast</p>
<p>5 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rua Hookina 1:00 2:00 Game and Activities 2:00 3:00 Meditation</p>	<p>6 9:15 10:00 Trivia 10:00 11:00 Ping Pong 10:00 12:00 Ceramics 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Stress Management (Introduction to Resilience) 1:00 3:00 Learning Group 2:00 3:00 Boundaries (Knowing About Yourself)</p> <p>6:30 9:00 Family Education</p>	<p>7 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:30 12:00 Writing Group 1:00 2:00 Nintendo Wii (Mario Kart) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Virtual Travel</p>	<p>8 9:15 10:00 Trivia 10:00 11:00 Chair Exercises 10:00 12:00 Ceramics 11:00 12:00 Yoga 1:00 2:00 Recovery Strategies (Exploring Gratitude) 1:00 3:00 Learning Group 2:00 3:00 Photography</p>	<p>9 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke 12:30 2:30 Knit & Crochet 1:00 2:00 Life Skills (How to Research) 2:00 3:00 Yahtzee</p>
<p>12 10:00 11:00 Equipment Workout 10:00 11:30 Rua Hookina 1:00 2:00 Game and Activities 2:00 3:00 Meditation</p> <p style="text-align: center;">AQUAFIT CANCELLED</p>	<p>13 9:15 10:00 Trivia 10:00 11:00 Ping Pong 10:00 12:00 Ceramics 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Stress Management (Coping With Uncertainty) 1:00 3:00 Learning Group 2:00 3:00 Boundaries (Understanding Self Beliefs)</p> <p>6:30 9:00 Family Education</p>	<p>14 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 1:00 Valentine's Day Celebration 1:00 2:00 Nintendo Wii (Tennis) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Virtual Travel</p> <p>6:30 9:00 Family Support Meeting</p> <p style="text-align: center;">AQUAFIT CANCELLED</p>	<p>15 9:15 10:00 Trivia 10:00 11:00 Chair Exercises 10:00 12:00 Ceramics 11:00 12:00 Yoga 1:00 2:00 Recovery Strategies (Types of Recovery) 1:00 3:00 Learning Group 2:00 3:00 Photography</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>16 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke 12:30 2:30 Knit & Crochet 1:00 2:00 Life Skills (Resume Writing) 2:00 3:00 Jeopardy</p> <p>Virtual Zoom Classes 12:00 12:45 Zumba Gold Toning and LaBlast 6:30 8:30 Paint Class</p>
<p>Closed for Family Day</p>	<p>20 9:15 10:00 Trivia 10:00 11:00 Ping Pong 10:00 12:00 Ceramics 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 12:00 1:00 Consumer Meeting 1:00 2:00 Stress Management (Bouncing Back) 1:00 3:00 Learning Group 2:00 3:00 Boundaries (Identifying False Beliefs)</p> <p>6:30 9:00 Family Education</p>	<p>21 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nintendo Wii (Baseball)</p> <p>1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Virtual Travel</p>	<p>22 9:15 10:00 Trivia 10:00 11:00 Chair Exercises 10:00 12:00 Ceramics 11:00 12:00 Yoga 12:00 1:00 Black History Month Celebration 1:00 2:00 Recovery Strategies (Addressing Shame and Stigma) 1:00 3:00 Learning Group 2:00 3:00 Photography</p>	<p>23 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke 12:00 2:00 Knit & Crochet 1:00 2:00 Life Skills (Importance of Values) 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 12:00 12:45 Zumba Gold Toning and LaBlast 6:30 8:30 Paint Class</p>
<p>26 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rua Hookina 1:00 2:00 Birthday Bingo 2:00 3:00 Meditation</p> <p>Virtual Zoom Classes 3:10 3:40 ZumbaGold Seated</p>	<p>27 9:15 10:00 Trivia 10:00 11:00 Ping Pong 10:00 12:00 Ceramics 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Stress Management (Adapting to New Situations) 1:00 3:00 Learning Group 2:00 3:00 Boundaries (Adjusting How You Think)</p> <p>6:30 9:00 Family Education</p>	<p>28 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nintendo Wii (Bowling) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Virtual Travel</p>	<p>29 9:15 10:00 Trivia 10:00 11:00 Chair Exercises 10:00 12:00 Ceramics 11:00 12:00 Yoga 1:00 2:00 Recovery Strategies (Physical Health in Recovery) 1:00 3:00 Learning Group 2:30 3:30 Photography</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	