

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - March 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 www.mentalhealthconnections.ca</p>				<p>1 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 12:30 1:00 Consumer Meeting 12:30 2:30 Knit & Crochet 1:00 2:00 Games & Activities 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 12:00 12:45 Zumba Gold Toning and LaBlast</p>
<p>4 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rua Hookina 1:00 2:00 Self Esteem (Understanding Self Control) 2:00 3:00 Wii Game (Bowling)</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>5 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Healthy Mind & Body 1:00 3:00 Learning Group 2:00 3:00 Boundaries (Adjusting the Way You Think)</p> <p>6:30 9:00 Family Education</p>	<p>6 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 Stress Management (The Stress of Technology)</p> <p>1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition</p>	<p>7 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 3:00 Learning Group 2:00 3:00 Pina Pona 2:00 3:00 Photography</p>	<p>8 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 Games & Activities 2:00 3:00 Yahtzee</p> <p>Virtual Zoom Classes 12:00 12:45 Zumba Gold Toning and LaBlast</p>
<p>11 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rua Hookina 1:00 2:00 Self Esteem (Building Positive Self Image)</p> <p>Virtual Zoom Classes 3:10 3:40 ZumbaGold Seated</p>	<p>12 9:15 10:00 Trivia 10:00 12:00 Ceramics 11:00 12:00 Yoga 1:00 3:00 Learning Group 2:00 3:00 Boundaries (Getting to Know and Liking Yourself)</p> <p>6:30 9:00 Family Education</p>	<p>13 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 Stress Management (Positive Thinking and Reframing)</p> <p>1:00 2:30 Aikido 1:00 3:00 Art 6:30 9:00 Family Support Meeting</p>	<p>14 9:15 10:00 Trivia 10:00 12:00 Ceramics 11:00 12:00 Yoga 1:00 2:00 Recovery Strategies (Daily Maintenance Plan/Toolbox)</p> <p>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>15 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke 12:30 2:30 Knit & Crochet</p> <p>Virtual Zoom Classes 12:00 12:45 Zumba Gold Toning and LaBlast 6:30 8:30 Paint Class</p>
<p>18 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rua Hookina 12:00 1:00 St. Patrick's Celebration 1:00 2:00 Self Esteem (Relationships and Self Esteem)</p> <p>2:00 3:00 Pictionary</p> <p>Virtual Zoom Classes 3:10 3:40 ZumbaGold Seated</p>	<p>19 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Healthy Mind & Body 1:00 3:00 Learning Group 2:00 3:00 Boundaries (Embracing Purpose, Mission & Abilities)</p> <p>6:30 9:00 Family Education</p>	<p>20 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 Stress Management (Stress & Mind/Body Connection)</p> <p>1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition</p>	<p>21 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (Crisis Management & Coping)</p> <p>1:00 3:00 Learning Group 2:00 3:00 Pool Tournament 2:00 3:00 Photography</p>	<p>22 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 Birthday Bingo 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>25 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rua Hookina 1:00 2:00 Self Esteem (Self-care Practices)</p> <p>2:00 3:00 Wii Game (Baseball)</p> <p>Virtual Zoom Classes 3:10 3:40 ZumbaGold Seated</p>	<p>26 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Healthy Mind & Body 1:00 3:00 Learning Group 2:00 3:00 Boundaries (Making Good Choices)</p> <p>6:30 9:00 Family Education</p>	<p>27 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 Stress Management (Stress Relief & Avoidance)</p> <p>1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition</p>	<p>28 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (Evaluate & Updating Plans)</p> <p>1:00 3:00 Learning Group 2:00 3:00 Pool Tournament 2:00 3:00 Photography</p> <p>7:00 8:30 Page Turner Book Club</p>	<p>Closed for Good Friday</p>