

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rug Hooking 12:00 1:00 Easter Celebration 1:00 2:00 Self Esteem (Negative Self Talk) 2:00 3:00 Wii Game (Bowling)</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>2 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Chair Exercises 1:00 2:00 Healthy Mind & Body (Self Care for Health & Body) 1:00 3:00 Leamington Group 2:00 3:00 Anxiety (Types of Anxiety) *YOGA CANCELLED TODAY</p>	<p>3 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 Loneliness (Understanding Loneliness) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Being Mindful of Your Eating Habits)</p>	<p>4 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 (Goal Setting & Planning) 1:00 3:00 Leamington Group 2:00 3:00 Pool Tournament 2:00 3:00 Photography</p>	<p>5 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke 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>8 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:00 Rug Hooking 12:00 4:00 MHC CLOSED</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>9 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 (The Importance of Sleep) 1:00 3:00 Leamington Group 2:00 3:00 Anxiety (Causes of Anxiety)</p>	<p>10 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 Loneliness (Types of Loneliness) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Water Hydration & Health)</p> <p>6:30 9:00 Family Support Meeting</p>	<p>11 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 (Personal Responsibility) 1:00 3:00 Leamington Group 2:00 3:00 Ping Pong 2:00 3:00 Photography</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>12 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>15 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rug Hooking 1:00 2:00 Self Esteem (Assertiveness & Communication) 2:00 3:00 Wii Game (Baseball)</p> <p>Virtual Zoom Classes 3:10 3:40 ZumbaGold Seated</p>	<p>16 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 (How Stress Impacts Mind/Body) 1:00 3:00 Leamington Group 2:00 3:00 Anxiety (Comprehensive Approach)</p>	<p>17 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 Loneliness (Causes of Loneliness) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Signs of Protein Deficiency)</p>	<p>18 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 (Navigating Triggers) 1:00 3:00 Leamington Group 2:00 3:00 Euchre Tournament 2:00 3:00 Photography</p>	<p>19 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>22 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rug Hooking 1:00 2:00 Self Esteem (Understanding Guilt) 2:00 3:00 Pictionary</p> <p>Virtual Zoom Classes 3:10 3:40 ZumbaGold Seated</p>	<p>23 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 (Impact of Negativity on Mind/Body) 1:00 3:00 Leamington Group 2:00 3:00 Anxiety (Mindfulness & Relaxation)</p>	<p>24 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 Loneliness (Coping with Loneliness) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Canada's Food Guide)</p>	<p>25 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 (Self-Reflection) 1:00 3:00 Leamington Group 2:00 3:00 Ping Pong 2:00 3:00 Photography</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>26 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 Games & Activities 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>29 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rug Hooking 1:00 2:00 Self Esteem (Overcoming Perfectionism) 2:00 3:00 Wii Game (Mario Cart)</p> <p>Virtual Zoom Classes 3:10 3:40 ZumbaGold Seated</p>	<p>30 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 (Negative Impact of Technology) 1:00 3:00 Leamington Group 2:00 3:00 Anxiety (Importance of Physical Exercise)</p>			<p>Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431 www.mentalhealthconnections.ca</p>