

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - May 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 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 (Risk Factors of Loneliness) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Wavs to Fiaht Raising Food Costs)</p>	<p>2 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoqa 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (Developing Wellness Toolbox) 1:00 3:00 Leaminaton Group 2:00 3:00 Pool Tournament 2:00 3:00 Photoarabhv</p>	<p>3 9:30 11:30 Sewina 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 Tonina and LaBlast</p>
<p>6 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rua Hookina 1:00 2:00 Self Esteem (Building Postive Self Image) 2:00 3:00 Wii Game (Baseball)</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>7 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoqa 11:00 12:00 Chair Exercises 1:00 2:00 Healthy Mind & Body (Exercise & the Mind & Body) 1:00 3:00 Leaminaton Group 2:00 3:00 Anxiety (Cookina with Panic Attacks)</p>	<p>8 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 (Developing Social Skills) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Losina Weight While Eating More)</p> <p>6:30 9:00 Family Support Meeting</p>	<p>9 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoqa 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (Understanding Self Compassion) 1:00 3:00 Leaminaton Group 2:00 3:00 Ping Pong 2:00 3:00 Photoarabhv</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>10 9:30 11:30 Sewina 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 Tonina and LaBlast</p>
<p>13 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rua Hookina 12:00 1:00 Guest Speaker - Legal Assustance 1:00 2:00 Self Esteem (Handling Criticism & Rejection) 2:00 3:00 Wii Game (Bowling)</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>14 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoqa 11:00 12:00 Chair Exercises 1:00 2:00 Healthy Mind & Body (Inportance of Self Care) 1:00 3:00 Leaminaton Group 2:00 3:00 Anxiety (Help with Phobias)</p>	<p>15 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 (Importance of Self Compassion) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Foods to Reduce Inflammation)</p>	<p>16 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoqa 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (Emotional Regulation) 1:00 3:00 Leaminaton Group 2:00 3:00 Euchre Tournament 2:00 3:00 Photoarabhv</p>	<p>17 9:30 11:30 Sewina 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke 12:00 2:00 Knit & Crochet 12:00 1:00 MHC BBQ Wiale Park 1:00 3:00 MHC CHALLENGE GAMES (Sian up for a team and come to compete)</p>
<p>MHC CLOSED VICTORIA DAY HOLIDAY</p>	<p>21 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoqa 11:00 12:00 Chair Exercises 1:00 2:00 Healthy Mind & Body (10 Things to do for Mental Health) 1:00 3:00 Leaminaton Group 2:00 3:00 Anxiety (Self Talk)</p>	<p>22 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 (Roles of Empathy & Compassion) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Proper Food Prepping)</p>	<p>23 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoqa 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (Time Management) 1:00 3:00 Leaminaton Group 2:00 3:00 Ping Pong 2:00 3:00 Photoarabhv</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>24 9:30 11:30 Sewina 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 Tonina and LaBlast 6:30 8:30 Paint Class</p>
<p>27 10:00 11:00 Equipment Workout 10:00 11:00 Aquafit 10:00 11:30 Rua Hookina 1:00 2:00 Self Esteem (Body Image & Social Media) 2:00 3:00 Wii Game (Mario Cart)</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>28 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoqa 11:00 12:00 Chair Exercises 1:00 2:00 Healthy Mind & Body (Tips to Keep Your Brain Healthy) 1:00 3:00 Leaminaton Group 2:00 3:00 Anxiety (Mistaken Beliefs)</p>	<p>29 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 (Long Term Copina) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Canada Food Guide)</p>	<p>30 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoqa 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (Creative Hobbies & Self Care) 1:00 3:00 Leaminaton Group 2:00 3:00 Pool Tournament 2:00 3:00 Photoarabhv</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>31 9:30 11:30 Sewina 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke 12:00 2:00 Knit & Crochet 1:00 2:00 Birthday Binao 2:00 3:00 Yahtzee</p> <p>Virtual Zoom Classes 12:00 12:45 Zumba Gold Tonina and LaBlast 6:30 8:30 Paint Class</p>