

## MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>CLOSED FOR CANADA DAY</b>	<b>2</b> 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 to Boost Your Metabolism) 1:00 - 3:00 Leaminaton Group 2:00 - 3:00 Anxiety (Self Esteem)	<b>3</b> 10:00 - 11:00 Equipment Workout 12:00 - 12:45 Zumba Gold 1:00 - 2:00 Anger Management (Causes of Anger) 1:00 - 2:30 Aikido 1:00 - 3:00 Art 2:00 - 3:00 Nutrition (Foods to Help with Ailments) <span style="float: right;">Cancelled</span>	<b>4</b> 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 (Challenging the Negative) 1:00 - 3:00 Leaminaton Group 2:00 - 3:00 Pool Tournament 2:00 - 3:00 Photography	<b>5</b> 9:30 - 11:30 Sewing 10:00 - 11:00 Equipment Workout 11:30 - 12:30 Karaoke 12:30 - 2:00 Knit & Crochet 1:00 - 2:00 Games & Activities 2:00 - 3:00 Scrabble  <b>Virtual Zoom Classes</b> 12:00 - 12:45 Solo Ballroom Dancing <span style="float: right;">Cancelled</span>
<b>8</b> 10:00 - 11:00 Equipment Workout 10:00 - 11:30 Rug Hooking 1:00 - 2:00 Assertiveness (Barriers to Assertiveness)  <b>Virtual Zoom Classes</b> 3:10 - 3:40 Zumba Gold Seated	<b>9</b> 9:15 - 10:00 Trivia 10:00 - 11:00 Circuit Training 10:00 - 12:00 Ceramics 11:00 - 12:00 Yoga 11:00 - 11:30 Chair Exercises 12:00 - 12:30 Consumer Meeting 1:00 - 2:00 Healthy Mind & Body (Importance of Rest & Recovery) 1:00 - 3:00 Leaminaton Group 2:00 - 3:00 Anxiety (Nutrition)	<b>10</b> 10:00 - 11:00 Equipment Workout 12:00 - 12:45 Zumba Gold 1:00 - 2:00 Anger Management (Signs & Patterns of Anger) 1:00 - 2:30 Aikido 1:00 - 3:00 Art 2:00 - 3:00 Nutrition (Simple vs Complex Carbs)  6:30 - 9:00 Family Support Meeting	<b>11</b> 9:15 - 10:00 Trivia 10:00 - 11:00 Circuit Training 10:00 - 12:00 Ceramics 11:00 - 12:00 Yoga 11:00 - 11:30 Chair Exercises 1:00 - 2:00 Recovery Strategies (Relaxation Exercises) 1:00 - 3:00 Leaminaton Group 2:00 - 3:00 Pina Pona 2:00 - 3:00 Photography  <b>Virtual Zoom Classes</b> 7:00 - 8:30 Page Turner Book Club	<b>12</b> 9:30 - 11:30 Sewing 10:00 - 11:00 Equipment Workout 11:30 - 12:30 Karaoke 12:30 - 2:00 Knit & Crochet 1:00 - 2:00 Games & Activities 2:00 - 3:00 Yahtzee  <b>Virtual Zoom Classes</b> 12:00 - 12:45 Solo Ballroom Dancing 6:30 - 8:30 Paint Class
<b>15</b> 10:00 - 11:00 Equipment Workout 10:00 - 11:30 Rug Hooking 1:00 - 2:00 Assertiveness (Conflict Resolution) 2:00 - 3:00 Wii Game  <b>Virtual Zoom Classes</b> 3:10 - 3:40 Zumba Gold Seated <span style="float: right;">Cancelled</span>	<b>16</b> 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 12:00 - 1:00 Guest Speaker: Legal Assistance 1:00 - 2:00 Healthy Mind & Body (Importance of Protein in Diet) 1:00 - 3:00 Leaminaton Group 2:00 - 3:00 Anxiety (Fears From the Past)	<b>17</b> 10:00 - 11:00 Equipment Workout 12:00 - 12:45 Zumba Gold 1:00 - 2:00 Anger Management (Developing Perspective) 1:00 - 2:30 Aikido 1:00 - 3:00 Art 2:00 - 3:00 Nutrition (Is Organic Always Healthier?) <span style="float: right;">Cancelled</span>	<b>18</b> 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 (Learning to Ask for Help) 1:00 - 3:00 Leaminaton Group 2:00 - 3:00 Euchre Tournament 2:00 - 3:00 Photography	<b>19</b> 9:30 - 11:30 Sewing 10:00 - 11:00 Equipment Workout 11:30 - 12:30 Karaoke 12:30 - 2:00 Knit & Crochet 1:00 - 2:00 Birthday Bingo 2:00 - 3:00 Jeopardy  <b>Virtual Zoom Classes</b> 12:00 - 12:45 Solo Ballroom Dancing <span style="float: right;">Cancelled</span>
<b>22</b> 10:00 - 11:00 Equipment Workout 10:00 - 11:30 Rug Hooking 1:00 - 2:00 Assertiveness (Emotional Intelligence) 2:00 - 3:00 Wii Game  <b>Virtual Zoom Classes</b> 3:10 - 3:40 Zumba Gold Seated	<b>23</b> 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 (Antioxidants for Your Mind & Body) 1:00 - 3:00 Leaminaton Group 2:00 - 3:00 Anxiety (Meaning, Purpose & Spirituality)	<b>24</b> 10:00 - 11:00 Equipment Workout 12:00 - 12:45 Zumba Gold 1:00 - 2:00 Anger Management (Dealing with Pushback) 1:00 - 2:30 Aikido 1:00 - 3:00 Art 2:00 - 3:00 Nutrition (Understanding Supplements)	<b>25</b> 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 (Principles of Recovery) 1:00 - 3:00 Leaminaton Group 2:00 - 3:00 Pina Pona 2:00 - 3:00 Photography  <b>Virtual Zoom Classes</b> 7:00 - 8:30 Page Turner Book Club	<b>26</b> 9:30 - 11:30 Sewing 10:00 - 11:00 Equipment Workout 11:30 - 12:30 Karaoke 12:00 - 1:00 <b>MHC BBQ WIGLE PARK</b> 12:30 - 2:00 Knit & Crochet 1:00 - 2:00 Games & Activities 2:00 - 3:00 Scrabble  <b>Virtual Zoom Classes</b> 12:00 - 12:45 Solo Ballroom Dancing 6:30 - 8:30 Paint Class
<b>29</b> 10:00 - 11:00 Equipment Workout 10:00 - 11:30 Rug Hooking 1:00 - 2:00 Assertiveness (Assertiveness & Self Care) 2:00 - 3:00 Wii Game  <b>Virtual Zoom Classes</b> 3:10 - 3:40 Zumba Gold Seated	<b>30</b> 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 12:15 - 1:00 Aikido Demonstration 1:00 - 2:00 Healthy Mind & Body (Strategies for Healthy Mind & Body) 1:00 - 3:00 Leaminaton Group 2:00 - 3:00 Anxiety (Coping with Anxiety Review)	<b>31</b> 10:00 - 11:00 Equipment Workout 12:00 - 12:45 Zumba Gold 1:00 - 2:00 Anger Management (Stress & Anger) 1:00 - 2:30 Aikido 1:00 - 3:00 Art 2:00 - 3:00 Nutrition (Are Healthy Foods Good for You)	<b>Mental Health Connections</b> <b>370 Erie Street East</b> <b>Windsor, ON N9A 3X3</b> <b>Tel: 519-256-4854</b> <b>Fax: 519-256-3431</b>	