

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p style="text-align: center;">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 9:15 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 (Dealing with Social Pressure) 1:00 3:00 Leamington Group 2:00 3:00 Pool Tournament 2:00 3:00 Photography</p>	<p>2 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 12:30 2:00 Knit & Crochet 1:00 2:00 Games & Activities 2:00 3:00 Scrabble</p> <p style="text-align: center;"><u>Virtual Zoom Classes</u> 12:00 12:45 Solo Ballroom Dancing</p>
<p>5</p> <p style="text-align: center;">CLOSED FOR CIVIC HOLIDAY</p>	<p>6 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 (Importance of Protein in Diet) 1:00 3:00 Leamington Group 2:00 3:00 Depression (Finding Your Strengths: Coping)</p>	<p>7 10:00 11:00 Equipment Workout 12:00 12:45 Zumba Gold 1:00 2:00 Anger Management (Impact of Anger on Relationships) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Simple vs Complex Carbs)</p>	<p>8 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 (Staying One Step Ahead of Triggers) 1:00 3:00 Leamington Group 2:00 3:00 Ping Pong 2:00 3:00 Photography</p> <p style="text-align: center;"><u>Virtual Zoom Classes</u> 7:00 8:30 Page Turner Book Club</p>	<p>9 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke 12:00 12:30 Consumer Meeting 12:30 2:00 Knit & Crochet 1:00 2:00 Games & Activities 2:00 3:00 Yahtzee</p> <p style="text-align: center;"><u>Virtual Zoom Classes</u> 12:00 12:45 Solo Ballroom Dancing 6:30 8:30 Paint Class</p>
<p>12 10:00 11:00 Equipment Workout 10:00 11:30 Rug Hooking 1:00 2:00 Assertiveness (Communication Styles) 2:00 3:00 Wii Game</p> <p style="text-align: center;"><u>Virtual Zoom Classes</u> 3:10 3:40 Zumba Gold Seated</p>	<p>13 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 Leamington Group 2:00 3:00 Depression (Cultivating Resilience)</p>	<p>14 10:00 11:00 Equipment Workout 12:00 12:45 Zumba Gold 1:00 2:00 Anger Management (The Anger Iceberg) 1:00 2:30 Aikido 1:00 3:00 Art</p> <p>6:30 9:00 Family Support Meeting (Cancelled)</p>	<p>15 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 (Planning for the Future) 1:00 3:00 Leamington Group 2:00 3:00 Photography</p>	<p>16 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 12:30 2:00 Knit & Crochet 1:00 2:00 Birthday Bingo</p> <p style="text-align: center;"><u>Virtual Zoom Classes</u> 12:00 12:45 Solo Ballroom Dancing</p>
<p>19 10:00 11:00 Equipment Workout 10:00 11:30 Rug Hooking 1:00 2:00 Assertiveness (Assertiveness in Relationships) 2:00 3:00 Wii Game</p> <p style="text-align: center;"><u>Virtual Zoom Classes</u> 3:10 3:40 Zumba Gold Seated</p>	<p>20 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 Leamington Group 2:00 3:00 Depression (Looking Towards a Brighter Future)</p>	<p>21 10:00 11:00 Equipment Workout 12:00 12:45 Zumba Gold 1:00 2:00 Anger Management (Developing Healthy Habits) 1:00 2:30 Aikido 1:00 3:00 Art</p>	<p>22 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) 1:00 3:00 Leamington Group 2:00 3:00 Photography</p> <p style="text-align: center;"><u>Virtual Zoom Classes</u> 7:00 8:30 Page Turner Book Club</p>	<p>23 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 12:30 2:00 Knit & Crochet 1:00 2:00 Games & Activities 2:00 3:00 Scrabble</p> <p style="text-align: center;"><u>Virtual Zoom Classes</u> 12:00 12:45 Solo Ballroom Dancing 6:30 8:30 Paint Class</p>
<p>26 10:00 11:00 Equipment Workout 10:00 11:30 Rug Hooking 1:00 2:00 Assertiveness (Self-Awareness & Self Esteem) 2:00 3:00 Wii Game</p> <p style="text-align: center;"><u>Virtual Zoom Classes</u> 3:10 3:40 Zumba Gold Seated</p>	<p>27 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 (Importance of Positivity) 1:00 3:00 Leamington Group 2:00 3:00 Depression (Exceptions to Depression)</p>	<p>28 10:00 11:00 Equipment Workout 12:00 12:45 Zumba Gold 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Pros & Cons of Meatless Meat)</p>	<p>29 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) 1:00 3:00 Leamington Group 2:00 3:00 Euchre Tournament 2:00 3:00 Photography</p>	<p>30 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 12:00 1:00 MHC BBQ WIGLE PARK 12:30 2:00 Knit & Crochet 1:00 2:00 Games & Activities 2:00 3:00 Jeopardy</p> <p style="text-align: center;"><u>Virtual Zoom Classes</u> 12:00 12:45 Solo Ballroom Dancing</p>