

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR LABOUR DAY	3 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 (Keeping Your Brain Young) 1:00 3:00 Leamington Group 2:00 3:00 Depression (Motivating Yourself to Beat Depression)	4 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Eating Healthy on a Budget) cancelled	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 Recovery Strategies (Understanding a Mental Health Crisis) 1:00 3:00 Leamington Group 2:00 3:00 Pool Tournament Virtual Zoom Classes 7:00 8:30 Page Turner Book Club cancelled	6 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 Virtual Zoom Classes 12:00 12:45 Solo Ballroom Dancing cancelled
9 10:00 11:00 Equipment Workout 10:00 11:30 Rua Hookina 1:00 2:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated cancelled	10 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 12:30 1:00 Consumer Meeting 1:00 2:00 Healthy Mind & Body (Benefits of Sleep) 1:00 3:00 Leamington Group 2:00 3:00 Depression (Unhealthy Coping Strategies)	11 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Stages of Change (Introduction to Change) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Food Safety) 6:30 9:00 Family Support Meeting cancelled	12 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 Techniques) 1:00 3:00 Leamington Group 2:00 3:00 Ping Pong 2:00 3:00 Photography (Camera Basics)	13 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 Virtual Zoom Classes 12:00 12:45 Solo Ballroom Dancing cancelled
16 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hookina 1:00 2:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	17 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 3:00 MHC 20TH ANNIVERSARY LUNCH & CELEBRATION	18 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Stages of Change (Precontemplation & Contemplation) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Mindful Eating)	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 12:00 1:00 Guest Speaker - BANA 1:00 2:00 Recovery Strategies (Building a Support System) 1:00 3:00 Leamington Group 2:00 3:00 Euchre Tournament 2:00 3:00 Photography (Lighting Basics)	20 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 Brawl 2:00 3:00 Jeopardy Virtual Zoom Classes 12:00 12:45 Solo Ballroom Dancing 6:30 8:30 Paint Class
23 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hookina 1:00 2:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	24 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 Balance in Your Life) 1:00 3:00 Leamington Group 2:00 3:00 Depression (Identifying Your Depression Triggers)	25 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Stages of Change (Preparation & Determination) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Facts on Cholesterol)	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 Recovery Strategies (Emotional Regulation & Coping) 1:00 3:00 Leamington Group 2:00 3:00 Ping Pong 2:00 3:00 Photography (Self Portraits) Virtual Zoom Classes 7:00 8:30 Page Turner Book Club	27 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 Virtual Zoom Classes 12:00 12:45 Solo Ballroom Dancing 6:30 8:30 Paint Class
30 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hookina 1:00 2:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated				Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431