

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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 Healthy Mind & Body (Importance of Balance in Life) 1:00 · 3:00 Leamington Group 2:00 · 3:00 Depression (Working with Thoughts & Beliefs) 6:30 · 9:00 NAMI Family to Family Education (1/8)</p>	<p>2 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 (Action & Maintenance) 1:00 · 2:30 Aikido 1:00 · 3:00 Art 2:00 · 3:00 Nutrition (Healthy Alternatives)</p>	<p>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 Recovery Strategies (Importance of Self Forgiveness) 1:00 · 3:00 Leamington Group 2:00 · 3:00 Pool Tournament 2:00 · 3:00 Photography</p>	<p>4 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</p>
<p>7 10:00 · 11:00 Equipment Workout 10:00 · 10:45 AquaFit with Tammy 10:00 · 11:30 Rug Hooking 2:00 · 3:00 Wii Game Virtual Zoom Classes 3:10 · 3:40 Zumba Gold Seated</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 12:30 · 1:00 Consumer Meeting 1:00 · 2:00 Healthy Mind & Body (Relaxation Techniques) 1:00 · 3:00 Leamington Group 2:00 · 3:00 Depression (Building Relationships) 6:30 · 9:00 NAMI Family to Family Education (2/8)</p>	<p>9 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 (Letting Go of the Old) 1:00 · 2:30 Aikido 1:00 · 3:00 Art 2:00 · 3:00 Nutrition (Importance of Fiber in Your Diet) 6:30 · 9:00 Family Support Meeting</p>	<p>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 1:00 · 2:00 Recovery Strategies (Post Crisis - Reintegrating to Daily Life) 1:00 · 3:00 Leamington Group 2:00 · 3:00 Ping Pong 2:00 · 3:00 Photography Virtual Zoom Classes 7:00 · 8:30 Page Turner Book Club</p>	<p>11 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</p>
<p>CLOSED FOR THANKSGIVING HOLIDAY</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 12:00 · 1:00 Thanksgiving Celebration Lunch 1:00 · 2:00 Healthy Mind & Body (Setting Realistic Goals) 2:00 · 3:00 Depression (Strategies for Coping) 6:30 · 9:00 NAMI Family to Family Education (3/8)</p>	<p>16 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 (Accepting the New) 1:00 · 2:30 Aikido 1:00 · 3:00 Art 2:00 · 3:00 Nutrition (Meal Supplements/Energy Drinks)</p>	<p>17 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 Consumer Meeting 1:00 · 2:00 Recovery Strategies (Long Term Recovery & Maintenance) 1:00 · 3:00 Leamington Group 2:00 · 3:00 Euchre Tournament 2:00 · 3:00 Photography</p>	<p>18 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 Virtual Zoom Classes 12:00 · 12:45 Solo Ballroom Dancing 6:30 · 8:30 Paint Class</p>
<p>21 10:00 · 11:00 Equipment Workout 10:00 · 10:45 AquaFit with Tammy 10:00 · 11:30 Rug Hooking 2:00 · 3:00 Wii Game Virtual Zoom Classes 3:10 · 3:40 Zumba Gold Seated</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 Healthy Mind & Body (Getting Out of Your Comfort Zone) 1:00 · 3:00 Leamington Group 2:00 · 3:00 Depression (Preventing Depressive Episodes) 6:30 · 9:00 NAMI Family to Family Education (4/8)</p>	<p>23 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 (Dealing with Unexpected Change) 1:00 · 2:30 Aikido 1:00 · 3:00 Art 2:00 · 3:00 Nutrition (Fad Diets)</p>	<p>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 Recovery Strategies (Relapse Prevention) 1:00 · 3:00 Leamington Group 2:00 · 3:00 Ping Pong 2:00 · 3:00 Photography Virtual Zoom Classes 7:00 · 8:30 Page Turner Book Club</p>	<p>25 9:30 · 11:30 Sewing 10:00 · 11:00 Equipment Workout 11:00 · 12:00 Guest Speaker - Diabetes Wellness 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</p>
<p>28 10:00 · 11:00 Equipment Workout 10:00 · 10:45 AquaFit with Tammy 10:00 · 11:30 Rug Hooking 2:00 · 3:00 Wii Game Virtual Zoom Classes 3:10 · 3:40 Zumba Gold Seated</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 Healthy Mind & Body (Importance of Sleep) 1:00 · 3:00 Leamington Group 2:00 · 3:00 Depression (Review & Discussion) 6:30 · 9:00 NAMI Family to Family Education (5/8)</p>	<p>30 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 (Developing a Routine) 1:00 · 2:30 Aikido 1:00 · 3:00 Art 2:00 · 3:00 Nutrition (Cholesterol)</p>	<p>31 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 Halloween Celebration Lunch 1:00 · 2:00 Recovery Strategies (Self Advocacy) 1:00 · 3:00 Leamington Group 2:00 · 3:00 Pool Tournament 2:00 · 3:00 Photography Virtual Zoom Classes 7:00 · 8:30 Page Turner Book Club</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>