

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431				1 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
4 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hookina 1:00 2:00 Basic Health Care (Basic Hvaeine) 2:00 3:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	5 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics 11:00 12:00 Yoga 1:00 3:00 Leamination Group 1:00 2:00 Mindfulness 6:30 9:00 NAMI Family to Family Education (6/8) Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing	6 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 Loneliness (Understanding Loneliness) 1:00 2:30 Aikido 1:00 3:00 Art	7 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 (Stages of Recovery) 1:00 3:00 Leamination Group 2:00 3:00 Pina Pona 2:00 3:00 Self Care (Gratitude)	8 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
11 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hookina 11:00 11:30 Remembrance Day Observance 1:00 2:00 Basic Health Care (Cold & Flu Season) 2:00 3:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	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 Mindfulness 1:00 3:00 Leamination Group 2:00 3:00 Healthy Mind & Body (How Food Effects Your Mind) 6:30 9:00 NAMI Family to Family Education (7/8)	13 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 Loneliness (Impacts of Loneliness) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (How Food Effects Your Mood & Sleep) 6:30 9:00 Family Support Meeting	14 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 (Developing a Recovery Plan) 1:00 3:00 Leamination Group 2:00 3:00 Euchre Tournament Virtual Zoom Classes 7:00 8:30 Page Turner Book Club	15 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 Birthdav Binao 2:00 3:00 Jeopardy Virtual Zoom Classes 6:30 8:30 Paint Class
18 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hookina 1:00 2:00 Basic Health Care (Dressing for the Weather) 2:00 3:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	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 1:00 2:00 Mindfulness 1:00 3:00 Leamination Group 2:00 3:00 Healthy Mind & Body (Importance of Weight Bearing Activities) 6:30 9:00 NAMI Family to Family Education (8/8) Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing	20 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 Loneliness (Recoanizina & Coping with Loneliness) 1:00 2:30 Aikido 1:00 3:00 Art	21 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 (Rebuilding Confidence & Self esteem) 1:00 3:00 Leamination Group 2:00 3:00 Pool Tournament 2:00 3:00 Self Care (Kindness)	22 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 6:30 8:30 Paint Class
25 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hookina 1:00 2:00 Basic Health Care (Preventing Falls in the Winter) 2:00 3:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	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 Mindfulness (Stress Busters) 1:00 3:00 Leamination Group 2:00 3:00 Healthy Mind & Body (Stress Busters) Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing	27 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 Loneliness (Building Social Connections) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (How to Have a Healthy Gut)	28 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 (Preventing Burnout) 1:00 3:00 Leamination Group 1:00 3:30 Thanksgiving Football Game 2:00 3:00 Self Care (Preparing for Holiday Stress) Virtual Zoom Classes 7:00 8:30 Page Turner Book Club	29 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