

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hooking 1:00 2:00 Wii Game 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</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 Mindfulness 1:00 3:00 Leamington Group 2:00 3:00 Healthy Mind & Body (Maintaining Good Eating Habits)</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>4 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 12:00 Christmas Tree Decorating 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Loneliness (Accepting the New) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Healthy Baking Alternatives)</p>	<p>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 (Long-term Recovery & Maintenance) 1:00 3:00 Leamington Group 2:00 3:00 Ping Pong 2:00 3:00 Self Care During Holidays (Setting Boundaries)</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>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 Jeopardy</p> <p>Virtual Zoom Classes 6:30 8:30 Paint Class</p>
<p>9 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hooking 12:00 1:00 Consumer Meeting Basic Health Care (Coping with Holiday Stress) 1:00 2:00 Wii Game 2:00 3:00</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p align="center">10 CLOSED FOR MHC CHRISTMAS PARTY (12:00 pm - 2:00 pm at MHC) (Please RSVP at reception desk)</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>11 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 (Dealing with Unexpected Change) 1:00 2:30 Aikido 1:00 3:00 Art 6:30 9:00 Family Support Meeting</p>	<p>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 (Relapse Prevention) 1:00 3:00 Leamington Group 2:00 3:00 Euchre Tournament 2:00 3:00 Self Care During Holidays (Time Management)</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>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</p> <p>Virtual Zoom Classes 6:30 8:30 Paint Class</p>
<p>16 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hooking 1:00 2:00 Basic Health Care (Self-Advocacy as a Patient) 2:00 3:00 Wii Game</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</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 1:00 3:00 Leamington Group 2:00 3:00 Healthy Mind & Body (How to Handle the Holiday Blues)</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>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 Loneliness (Developing Routine) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (The Dirty Dozen Foods)</p>	<p>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 Recovery Strategies (Understanding Self Advocacy) 1:00 3:00 Leamington Group 2:00 3:00 Pool Tournament 2:00 3:00 Self Care During Holidays (Financial Self Care)</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>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 Bingo 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 6:30 8:30 Paint Class</p>
<p>23 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hooking 1:00 2:00 Scrabble</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</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</p> <p align="center">MHC Closes at 1:00 pm</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p align="center">25 Cancelled</p> <p align="center">CLOSED FOR CHRISTMAS DAY</p>	<p align="center">26 Cancelled</p> <p align="center">CLOSED FOR BOXING DAY</p>	<p>27 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke</p> <p align="center">MHC Closes at 1:00 pm</p>
<p>30 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Rua Hooking</p> <p align="center">MHC Closes at 1:00 pm</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</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</p> <p align="center">MHC Closes at 1:00 pm</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p align="center">Cancelled</p>	<p align="center">Cancelled</p>	<p align="center">Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431</p>