

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431</p>		<p align="center">1</p> <p align="center">CLOSED FOR NEW YEAR'S DAY</p>	<p>2 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics (Hand Building) 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (New Year's Resolutions) 1:00 3:00 Leamington Group 2:00 3:00 Pina Pona 2:00 3:00 Self Care (Using Social Media Mindfully)</p>	<p>3 9:30 11:30 Sewina 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</p>
<p>6 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Basic Crafts 12:00 1:00 Consumer Meeting 1:00 2:00 Basic Health Care (New Year's Health Goals) 2:00 3:00 Wii Game</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>7 9:15 10:00 Trivia 10:00 10:45 AquaFit with Tammy 10:00 11:00 Circuit Training 10:00 12:00 Ceramics (Painting Only) 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 Healthv Mind & Body (New Year, New You)</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>8 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 Life Skills (Conflict Resolution) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Cooking From a Food Bank)</p> <p>6:30 9:00 Family Support Meeting</p>	<p>9 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics (Hand Building) 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (Maintaining Mental & Physical Health) 1:00 3:00 Leamington Group 2:00 3:00 Euchre Tournament 2:00 3:00 Self Care (Importance of Boundaries)</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>10 9:30 11:30 Sewina 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>13 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Basic Crafts 1:00 2:00 Basic Health Care (Tracking Health Information Part 1) 2:00 3:00 Wii Game</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>14 9:15 10:00 Trivia 10:00 10:45 AquaFit with Tammy 10:00 11:00 Circuit Training 10:00 12:00 Ceramics (Painting Only) 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 Healthv Mind & Body (How to Calm Your Mind)</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>15 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 Life Skills (Importance of Critical Thinking) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Importance of a Balanced Diet)</p>	<p>16 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics (Hand Building) 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (Self Control & Boundaries) 1:00 3:00 Leamington Group 2:00 3:00 Cribbage Tournament 2:00 3:00 Self Care (Healthv Exoressions of Emotions)</p>	<p>17 9:30 11:30 Sewina 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 MHC Family Feud</p> <p>Virtual Zoom Classes 6:30 8:30 Paint Class</p>
<p>20 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Basic Crafts 1:00 2:00 Basic Health Care (Tracking Health Information Part 2) 2:00 3:00 Wii Game</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>21 9:15 10:00 Trivia 10:00 10:45 AquaFit with Tammy 10:00 11:00 Circuit Training 10:00 12:00 Ceramics (Painting Only) 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 Healthv Mind & Body (Having Balance in Your Life)</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>22 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 Life Skills (The Process of Decision Making) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (How to Get More Energy in Your Life)</p>	<p>23 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics (Hand Building) 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (Importance of Hope) 1:00 3:00 Leamington Group 2:00 3:00 Pina Pona 2:00 3:00 Self Care (Importance of Mindful Spending)</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>24 9:30 11:30 Sewina 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</p> <p>Virtual Zoom Classes 6:30 8:30 Paint Class</p>
<p>27 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 11:30 Basic Crafts 1:00 2:00 Basic Health Care (General Flu & Cold Prevention) 2:00 3:00 Wii Game</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>28 9:15 10:00 Trivia 10:00 10:45 AquaFit with Tammy 10:00 11:00 Circuit Training 10:00 12:00 Ceramics (Painting Only) 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 Healthv Mind & Body (Importance of Mind/Body Connection)</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>29 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 Life Skills (Protecting Yourself From Scams) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Eating Healthv on a Budget)</p>	<p>30 9:15 10:00 Trivia 10:00 11:00 Circuit Training 10:00 12:00 Ceramics (Hand Building) 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Recovery Strategies (Gratitude) 1:00 3:00 Leamington Group 2:00 3:00 Euchre Tournament</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>31 9:30 11:30 Sewina 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>