

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431</p>				
<p>3 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 12:00 Basic Crafts 12:00 1:00 Consumer Meeting 1:00 2:00 Basic Health Care (Understanding Brain Injuries) 2:00 3:00 Wii Game 2:00 3:00 Mindfulness</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>4 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 Healthy Mind & Body (How to Create Healthy Habits) 1:00 3:00 Learning Group 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>5 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 (Emotional Intelligence) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Foods to Fit Your Budget)</p>	<p>6 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 (Setting Boundaries for Recovery) 1:00 3:00 Learning Group 2:00 3:00 Euchre Tournament</p>	<p>7 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>10 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 12:00 Basic Crafts 1:00 2:00 Basic Health Care (How to Improve Your Brain) 2:00 3:00 Wii Game 2:00 3:00 Mindfulness</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>11 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 12:00 1:00 Guest Speaker - Library Literacy 1:00 2:00 Healthy Mind & Body (Pain Management) 1:00 3:00 Learning Group 2:00 3:00 Assertiveness (The Power of Saying No)</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>12 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 (Personal Expression) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Simple Home Remedies)</p> <p>6:30 9:00 Family Support Meeting</p>	<p>13 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 12:00 1:00 Guest Speaker - Library Literacy 1:00 2:00 Recovery Strategies (Dealing with Judgment) 1:00 3:00 Learning Group 2:00 3:00 Pool Tournament</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>14 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke 12:00 1:00 Valentine's Day Lunch 12:30 2:00 Knit & Crochet 1:00 2:00 Games & Activities 2:00 3:00 MHC Family Feud</p>
<p>CLOSED FOR FAMILY DAY</p>				
<p>17</p>	<p>18 9:15 10:00 Trivia 10:00 10:45 AquaFit with Tammy 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 Healthy Mind & Body (Understanding Your Immune System) 1:00 3:00 Learning Group 2:00 3:00 Assertiveness (How to Say No) 6:30 9:00 Family to Family Education 1/8</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>19 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 (Relationship Building) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Environmental Health Risks)</p>	<p>20 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 (Practising Daily Wellness) 1:00 3:00 Learning Group 2:00 3:00 Rummikub Tournament</p>	<p>21 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>24 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 12:00 Basic Crafts 1:00 2:00 Basic Health Care (Strategies for Seasonal Allergies) 2:00 3:00 Wii Game 2:00 3:00 Mindfulness</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>25 9:15 10:00 Trivia 10:00 10:45 AquaFit with Tammy 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 Healthy Mind & Body (Food Safety) 1:00 3:00 Learning Group 2:00 3:00 Assertiveness (Saying No in Relationships) 6:30 9:00 Family to Family Education 2/8</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>26 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 (Ability to Adapt to Change) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Importance of Fiber)</p>	<p>27 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 (Long Term Mental Health Maintenance) 1:00 3:00 Learning Group 2:00 3:00 Cribbage Tournament</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>28 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>