

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 12:00 Basic Crafts 1:00 3:00 Wii Game</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 (Hand Building) 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Healthv Mind & Body (Keeping Your Brain Healthy) 1:00 3:00 Leaminaton Group</p> <p>6:30 9:00 NAMI - Familv to Familv Education 1/8</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancina</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 (Developina Confidence) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Dietarv Supplements)</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 Recoverv Strategies (Role of Nature in Recoverv) 1:00 3:00 Leaminaton Group 2:00 3:00 Pool Toumament 2:00 3:00 Assertiveness (How to Manaqina Emotions)</p> <p>Virtual Zoom Classes 7:00 8:30 Paqe Turner Book Club</p>	<p>7 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 Jeopardv</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 Tech & Environmental Health (Manaqina Your Screen time) 1:00 3:00 Library Literacv (Must be pre-registered to attend) 2:00 3:00 Wii Game</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 (Hand Building) 11:00 12:00 Yoga 11:00 12:00 Chair Exercises 1:00 2:00 Healthv Mind & Body (Benefits of Resistance Trainina) 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble 6:30 9:00 NAMI - Familv to Familv Education 2/8</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancina</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 (Importance of Kindness) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Whv We Crave The Foods We Do)</p> <p>6:30 9:00 Familv Support Meetinga</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 Consumer Meetinga 1:00 2:00 Recoverv Strategies (Importance of Digital Detox) 1:00 3:00 Leaminaton Group 2:00 3:00 Pina Pona Toumament 2:00 3:00 Assertiveness (Dealina with Difficult Situations)</p>	<p>14 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>17 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 12:00 Basic Crafts 12:00 1:00 St. Patrick's Day Lunch 1:00 2:00 Tech & Environmental Health (Internet Safetv) 1:00 3:00 Library Literacv (Must be pre-registered to attend) 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>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 Healthv Mind & Body (Whv Sugar is Addictive) 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble 6:30 9:00 NAMI - Familv to Familv Education 3/8</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancina</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 (How to be Responsible & Accountable) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Importance of Protein)</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 12:00 1:00 Guest Speaker - RE/ACT 1:00 2:00 Recoverv Strategies (Humour as a Recoverv Tool) 1:00 3:00 Leaminaton Group 2:00 3:00 Cribbaqe Toumament 2:00 3:00 Assertiveness (Buildina Confidence)</p> <p>Virtual Zoom Classes 7:00 8:30 Paqe Turner Book Club</p>	<p>21 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 Binao 2:00 3:00 Jeopardv</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 Tech & Environmental Health (Environmental Safetv) 1:00 3:00 Library Literacv (Must be pre-registered to attend) 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 Healthv Mind & Body (Understanding Feel Good Hormones) 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble 6:30 9:00 NAMI - Familv to Familv Education 4/8</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancina</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 (Makina a Good Impression) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Tricks Grocerv Stores Use)</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 Recoverv Strategies (Self Perception) 1:00 3:00 Leaminaton Group 2:00 3:00 Euchre Toumament 2:00 3:00 Assertiveness (Beina Assertive On-line)</p>	<p>28 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 MHC Familv Feud</p> <p>Virtual Zoom Classes 6:30 8:30 Paint Class</p>
<p>31 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 12:00 Basic Crafts 1:00 2:00 Tech & Environmental Health (Physical Safetv) 1:00 3:00 Library Literacv (Must be pre-registered to attend) 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 align="center">Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431</p>