

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 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 Food Born Illnesses)</p> <p>NO LEAMINGTON GROUP THIS WEEK 6:30 9:00 NAMI - Family to Family Education 5/8</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>2 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 Stress Management (How to Deescalate Emotions) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Importance of Fibre)</p>	<p>3 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 (Creating a Safe Space) 2:00 3:00 Pool Tournament</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>4 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>7 10:00 11:00 Equipment Workout 10:00 12:00 Basic Crafts 1:00 2:00 Scrabble 1:00 3:00 Library Literacy (Must be pre-registered to attend) 2:00 3:00 Wii Game</p> <p>NO AQUAFIT THIS WEEK ONLY</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>8 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 Healthy Mind & Body (Mental Health Benefits of Movement) 2:00 3:00 Processing Anger (Intro. To Anger Management)</p> <p>NO LEAMINGTON GROUP THIS WEEK 6:30 9:00 NAMI - Family to Family Education 6/8</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>9 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Stress Management (The Body & Stress) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Tips for Meal Planning)</p> <p>6:30 9:00 Family Support Meeting</p>	<p>10 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 Meeting 1:00 2:00 Recovery Strategies (How to Retrain Your Brain) 2:00 3:00 Cribbage Tournament</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>11 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 MHC Family Feud</p> <p>Virtual Zoom Classes 6:30 8:30 Paint Class</p>
<p>14 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 (Heat Stroke Prevention) 1:00 3:00 Library Literacy (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>15 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 (Self Care Tips) 1:00 3:00 Leamington Group 2:00 3:00 Processing Anger (The Physiology of Anger) 6:30 9:00 NAMI - Family to Family Education 7/8</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>16 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 Stress Management (Fostering Self Esteem) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Are Healthy Foods Really Healthy?)</p>	<p>17 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 (Recovering from Loss) 1:00 3:00 Leamington Group 2:00 3:00 Ping Pong Tournament</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>18</p> <p align="center">CLOSED FOR GOOD FRIDAY</p>
<p>21 10:00 11:00 Equipment Workout 10:00 10:45 AquaFit with Tammy 10:00 12:00 Basic Crafts 12:00 1:00 Easter Monday Lunch 1:00 3:00 Library Literacy (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>22 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 (Losing Weight by Eating More) 1:00 3:00 Leamington Group 2:00 3:00 Processing Anger (Identifying Triggers) 6:30 9:00 NAMI - Family to Family Education 8/8</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>23 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 Stress Management (Developing a Stress Plan) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Getting Fruits & Veggies in Your Diet)</p>	<p>24 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 (Recovery Around the World) 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>25 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 Sequence Board Game</p> <p>Virtual Zoom Classes 6:30 8:30 Paint Class</p>
<p>28 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 (Importance of Skin Health) 1:00 3:00 Library Literacy (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>29 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 (How What You Eat Affects Your Mood) 1:00 3:00 Leamington Group 2:00 3:00 Processing Anger (Healthy Expressions of Anger)</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>30 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 Scrabble 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Superfoods for Stress Relief)</p>		<p align="center">Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431</p>