

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - December 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
1	10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammv 10:00 12:00 Basic Crafts 1:00 2:00 Sequence Board Game 2:00 3:00 Wii Game	2	9:15 10:00 Trivia 10:00 10:45 Aquafit with Tammv 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 (Tips for Getting Through the Holidays) 1:00 3:00 Leamination Group 2:00 3:00 Scrabble	3	10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammv 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Wellness - Self Esteem (Self Awareness & Acceptance) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Healthv Eating During Holidays)	4	CLOSED FOR MHC CHRISTMAS PARTY (12:00 pm - 2:00 pm at MHC)  (Please RSVP at Reception desk)		5	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 MHC Familv Feud	
	Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated		Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing								
8	10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammv 10:00 12:00 Basic Crafts 1:00 2:00 Cribbage Game 2:00 3:00 Wii Game	9	9:15 10:00 Trivia 10:00 10:45 Aquafit with Tammv 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 (Do New Year's Resolution Work ) 1:00 3:00 Leamination Group 2:00 3:00 Scrabble	10	10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammv 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Wellness - Self Esteem (Building Confidence Through Action) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (What are Empty Calories?) 6:30 9:00 Familv Support Meeting	11	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 (Finding Meaning & Purpose) 1:00 3:00 Leamination Group 2:00 3:00 Pool Tournament	12	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		
	Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated		Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing		Virtual Zoom Classes 7:00 8:30 Page Turner Book Club		Virtual Zoom Classes 6:30 8:30 Paint Class				
15	10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammv 10:00 12:00 Basic Crafts 1:00 2:00 Pictionary 2:00 3:00 Wii Game	16	10:00 10:45 Aquafit with Tammv 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 Sequence Board Game 1:00 3:00 Leamination Group 2:00 3:00 Scrabble	17	10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammv 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Wellness - Self Esteem (Body Image & Self Perception) 1:00 2:30 Aikido 1:00 3:00 Art 2:00 3:00 Nutrition (Reasons Why You're Always Tired)	18	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 Well-Being) 1:00 3:00 Leamination Group 2:00 3:00 Euchre Tournament	19	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		
	Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated		Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing		Virtual Zoom Classes 7:00 8:30 Page Turner Book Club		Virtual Zoom Classes 6:30 8:30 Paint Class				
22	10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammy 10:00 12:00 Basic Crafts 1:00 2:00 Euchre Game 2:00 3:00 Wii Game	23	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 (Movement is Medicine) 1:00 3:00 Leamination Group 2:00 3:00 Scrabble	24	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  MHC Closes at 1:00 pm	25	CLOSED FOR CHRISTMAS DAY		26	CLOSED FOR BOXING DAY	
	Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated		Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing								
29	10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammv 10:00 12:00 Basic Crafts  MHC Closes at 1:00 pm	30	9:15 10:00 Trivia 10:00 10:45 Aquafit with Tammv 10:00 11:00 Circuit Training 10:00 12:00 Ceramics (Hand Building) 11:00 12:00 Yoga 11:00 12:00 Chair Exercises  MHC Closes at 1:00 pm	31	10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammv 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold  MHC Closes at 1:00 pm	Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431					