

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-2424			1 CLOSED FOR NEW YEAR'S DAY	2 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
5 10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammy 10:00 12:00 Basic Crafts 1:00 2:00 Stretching & Flexibility 2:00 3:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	6 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 (Immune System 101) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing	7 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 Nutrition (Food to Fit Your Budget) 1:00 2:30 Aikido 1:00 3:00 Art Canceled	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 12:00 1:00 Guest Speakers: Dental Clinic 1:00 2:00 Budgeting 101 (Importance of a Budget) 1:00 3:00 Leamington Group 2:00 3:00 Pool Tournament Virtual Zoom Classes 7:00 8:30 Page Turner Book Club	9 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 Family Feud
12 10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammy 10:00 12:00 Basic Crafts 1:00 2:00 Stretching & Flexibility 2:00 3:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	13 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 (Benefits of Weight Training) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing	14 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 Nutrition (Food Basics Tour) 1:00 2:30 Aikido 1:00 3:00 Art 6:30 9:00 Family Support Meeting	15 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 Budgeting 101 (Tracking Your Money) 1:00 3:00 Leamington Group 2:00 3:00 Euchre Tournament Canceled	16 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 Jeopardy Virtual Zoom Classes 6:30 8:30 Paint Class
19 10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammy 10:00 12:00 Basic Crafts 1:00 2:00 Stretching & Flexibility 2:00 3:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	20 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 12:00 1:00 Guest Speakers: Fire & Safety 1:00 2:00 Healthy Mind & Body (Preventative Health & Wellness) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing	21 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 Nutrition (Why Fibre is Good for You) 1:00 2:30 Aikido 1:00 3:00 Art	22 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 Budgeting 101 (Building a Simple Budget) 1:00 3:00 Leamington Group 2:00 3:00 Pino Poni Tournament Canceled	23 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 6:30 8:30 Paint Class
26 10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammy 10:00 12:00 Basic Crafts 1:00 2:00 Stretching & Flexibility 2:00 3:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	27 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 (Movement is Medicine) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble Canceled	28 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 Nutrition (Sugar - The Silent Killer) 1:00 2:30 Aikido 1:00 3:00 Art	29 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 Budgeting 101 (Smart Money & Future Planning) 1:00 3:00 Leamington Group 1:00 3:30 Pool Tournament Canceled	30 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 Family Feud
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	