

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - February 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 1 Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-2124 | Black History Month <i>Honouring Black Brilliance Across Generations</i> | | | |
| 2 10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammy 10:00 12:00 Basic Crafts 2:00 Stretching and Flexibility 1:00 3:00 Wii Game 2:00 - Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated canceled | 3 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 Speaker - Smile Wagon Dental 1:00 3:00 Leaminaton Group canceled 1:00 2:00 Healthy Mind & Body (Staving Safe in Extreme Cold) 2:00 3:00 Scrabble Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing canceled | 4 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 (Cholesterol 101) 1:00 2:30 Aikido 1:00 3:00 Art canceled | 5 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 Leaminaton Group canceled 2:00 3:00 Pool Tournament | 6 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 |
| 9 10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammy 10:00 12:00 Basic Crafts 1:00 2:00 Stretching and Flexibility 2:00 3:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated canceled | 10 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 (Supplements & Food for Body & Mind) 1:00 3:00 Leaminaton Group canceled 2:00 3:00 Scrabble Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing canceled | 11 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 (Proper Food Storage) 1:00 2:30 Aikido 1:00 3:00 Art 6:30 9:00 Family Support Meeting | 12 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 (Importance of Having a Budget) 1:00 3:00 Leaminaton Group 2:00 3:00 Euchre Tournament Virtual Zoom Classes 7:00 8:30 Page Turner Book Club | 13 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 Sequence Board Game |
| 16 CLOSED FOR FAMILY DAY | 17 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 Resistance Training) canceled 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing | 18 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 (Best Before & Expiry Dates) 1:00 2:30 Aikido 1:00 3:00 Art | 19 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 Black History: video 1:00 2:00 Budgeting 101 (Tracking Money) canceled 1:00 3:00 Leaminaton Group 2:00 3:00 Ping Pong Tournament | 20 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 Binoo 2:00 3:00 Sequence Board Game Virtual Zoom Classes 6:45 8:30 Paint Class |
| 23 10:00 11:00 Equipment Workout 10:00 10:45 Aquafit with Tammy 10:00 12:00 Basic Crafts 11:00 12:00 Basic Health Care (Gut Health) 1:00 2:00 Stretching and Flexibility 2:00 3:00 Wii Game Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated | 24 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 Black History: video 1:00 2:00 Healthy Mind & Body (Eating Disorders) canceled 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing | 25 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 (Functional Foods & Superfoods) 1:00 2:30 Aikido 1:00 3:00 Art | 26 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 Spending Habits) canceled 1:00 3:00 Leaminaton Group 1:00 3:30 Pool Tournament Virtual Zoom Classes 7:00 8:30 Page Turner Book Club | 27 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 6:45 8:30 Paint Class |