

**MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - March 2026**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>2</b>	10:00 11:00 Equipment Workout 10:00 12:00 Basic Crafts 1:00 2:00 Stretching and Flexibility 2:00 3:00 Wii Game  <b>Virtual Zoom Classes</b> 3:10 3:40 Zumba Gold Seated	<b>3</b>	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 (Health Mistakes That Hurt Your Heart) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble  <b>Virtual Zoom Classes</b> 7:00 7:45 Solo Ballroom Dancing	<b>4</b>	10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Why Polyphenols Are Important) 1:00 2:30 Aikido 1:00 3:00 Art  6:30 9:00 Family Support Meeting	<b>5</b>	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 Money Management (How to Avoid Scams & Fraud) 1:00 3:00 Leamington Group 2:00 3:00 Ping Pong Tournament  <b>Virtual Zoom Classes</b> 7:00 8:30 Page Turner Book Club	<b>6</b>	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
<b>9</b>	10:00 11:00 Equipment Workout 10:00 12:00 Basic Crafts 1:00 2:00 Stretching and Flexibility 2:00 3:00 Wii Game  <b>Virtual Zoom Classes</b> 3:10 3:40 Zumba Gold Seated	<b>10</b>	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 <b>Guest Speaker</b> - Fire Safety Healthy Mind & Body (Importance of Deep Sleep) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble  <b>Virtual Zoom Classes</b> 7:00 7:45 Solo Ballroom Dancing	<b>11</b>	10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Understanding Eating Disorders) 1:00 2:30 Aikido 1:00 3:00 Art  6:30 9:00 Family Support Meeting	<b>12</b>	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 Money Management (How to Stop Overeating) 1:00 3:00 Leamington Group 2:00 3:00 Pool Tournament  <b>Virtual Zoom Classes</b> 6:45 8:30 Paint Class	<b>13</b>	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
<b>16</b>	10:00 11:00 Equipment Workout 10:00 12:00 Basic Crafts 1:00 2:00 Stretching and Flexibility 2:00 3:00 Wii Game  <b>Virtual Zoom Classes</b> 3:10 3:40 Zumba Gold Seated	<b>17</b>	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 <b>St. Patrick's Day Lunch</b> 1:00 3:00 Leamington Group 2:00 3:00 Scrabble  <b>Virtual Zoom Classes</b> 7:00 7:45 Solo Ballroom Dancing	<b>18</b>	10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:30 Aikido 1:00 3:00 Art	<b>19</b>	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 <b>Consumer Meeting</b> 1:00 3:00 Leamington Group 2:00 3:00 Euchre Tournament	<b>20</b>	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 Bazaar 2:00 3:00 Sequence Board Game  <b>Virtual Zoom Classes</b> 6:45 8:30 Paint Class
<b>23</b>	10:00 11:00 Equipment Workout 10:00 12:00 Basic Crafts 11:00 12:00 Basic Health Care Connection Between Mind & Body 1:00 2:00 Stretching and Flexibility 2:00 3:00 Wii Game  <b>Virtual Zoom Classes</b> 3:10 3:40 Zumba Gold Seated	<b>24</b>	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 (How Gratitude Transforms Us) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble  <b>Virtual Zoom Classes</b> 7:00 7:45 Solo Ballroom Dancing	<b>25</b>	10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Benefits of Eating a Rainbow of Food) 1:00 2:30 Aikido 1:00 3:00 Art	<b>26</b>	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 Money Management (Debt Management) 1:00 3:00 Leamington Group 2:00 3:00 Ping Pong Tournament  <b>Virtual Zoom Classes</b> 7:00 8:30 Page Turner Book Club	<b>27</b>	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  <b>Virtual Zoom Classes</b> 6:45 8:30 Paint Class
<b>30</b>	10:00 11:00 Equipment Workout 10:00 12:00 Basic Crafts 11:00 12:00 Basic Health Care (Understanding Bodily Pain) 1:00 2:00 Stretching and Flexibility 2:00 3:00 Wii Game  <b>Virtual Zoom Classes</b> 3:10 3:40 Zumba Gold Seated	<b>31</b>	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 (Dancers of Visceral Fat) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble  <b>Virtual Zoom Classes</b> 7:00 7:45 Solo Ballroom Dancing				<b>Mental Health Connections</b> 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-2424		