


MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Happy Easter</p> 		<p>1 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</p>	<p>2 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 3:00 Leaminaton Group</p>	<p>3</p> <p style="font-weight: bold; font-size: 1.2em;">CLOSED FOR GOOD FRIDAY</p>
<p>6 10:00 11:00 Equipment Workout 10:00 12:00 Basic Crafts 12:00 1:00 Easter Lunch 1:00 2:00 Stretching and Flexibility 2:00 3:00 Wii Game</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>7 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 Addiction Affects the Brain) 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>8 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (The Worst Carbs to Eat) 1:00 2:30 Aikido 1:00 3:00 Art</p> <p>6:30 9:00 Familv Support Meetinga</p>	<p>9 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 Monev Management (How to Navigate Tax Season) 1:00 3:00 Leaminaton Group 2:00 3:00 Pool Tournament</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>10 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</p>
<p>13 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</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>14 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 (Weight Loss Tips) 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>15 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Food Pairing for Weight Loss) 1:00 2:30 Aikido 1:00 3:00 Art</p>	<p>16 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 Speaker - BANA 1:00 2:00 Monev Management (Getting More Food for Your Money) 1:00 3:00 Leaminaton Group 2:00 3:00 Euchre Tournament</p>	<p>17 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 Birthdav Binao 2:00 3:00 Jeopardy</p> <p>Virtual Zoom Classes 6:45 8:30 Paint Class</p>
<p>20 10:00 11:00 Equipment Workout 10:00 12:00 Basic Crafts 11:00 12:00 Basic Health Care (Understanding Fatigue) 1:00 2:00 Stretching and Flexibility 2:00 3:00 Wii Game</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>21 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 (What Food Companies Don't Tell You) 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>22 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Anti-inflammatory Foods) 1:00 2:30 Aikido 1:00 3:00 Art</p>	<p>23 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 Meetinga 1:00 2:00 Monev Management (Meal Prep for Monev Saving) 1:00 3:00 Leaminaton Group 2:00 3:00 Pina Pona Tournament</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>24 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 6:45 8:30 Paint Class</p>
<p>27 10:00 11:00 Equipment Workout 10:00 12:00 Basic Crafts 11:00 12:00 Basic Health Care (Coping with Uncertainty & Change) 1:00 2:00 Stretching and Flexibility 2:00 3:00 Wii Game</p> <p>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</p>	<p>28 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 Food Affects Your Mood) 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>29 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Top Nutritious High Fiber Foods) 1:00 2:30 Aikido 1:00 3:00 Art</p>	<p>30 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 Monev Management (Home Remedies to Save Money) 1:00 3:00 Leaminaton Group 2:00 3:00 Pool Tournament</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431</p>