

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>Mental Health Connections</b>  <b>370 Erie Street East</b>  <b>Windsor, ON N9A 3X3</b>  <b>Tel: 519-256-4854</b>  <b>Fax: 519-256-3431</b>  <b>www.mentalhealthconnections.ca</b></p>		<p align="center"><b>Mental Health Week</b>  <b>May 4 -10</b>  <i>Come Together!</i>  <i>Stronger Connections</i>  <i>Better Mental Health</i></p>		<p><b>1</b> 9:30 11:30 Sewing  10:00 11:00 Equipment Workout  11:30 12:30 Karaoke  12:30 2:00 Knit &amp; Crochet  1:00 2:00 Games &amp; Activities  2:00 3:00 MHC Family Feud</p>
<p><b>4</b> 10:00 11:00 Equipment Workout  10:00 12:00 Basic Crafts  11:00 12:00 Basic Health Care  Fall Prevention)  1:00 2:00 Stretching and Flexibility  2:00 3:00 Wii Game</p> <p><u>Virtual Zoom Classes</u>  3:10 3:40 Zumba Gold Seated</p>	<p><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 Healthy Mind &amp; Body  (Importance of Skin Care)  1:00 3:00 Leamington Group  2:00 3:00 Scrabble</p> <p><u>Virtual Zoom Classes</u>  7:00 7:45 Solo Ballroom Dancing</p>	<p><b>6</b> 10:00 11:00 Equipment Workout  10:30 12:00 Writing Group  12:00 12:45 Zumba Gold  1:00 2:00 Nutrition  (Food Safety)  1:00 2:30 Aikido  1:00 3:00 Art</p>	<p><b>7</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 Lessen Financial Stress)  1:00 3:00 Leamington Group  2:00 3:00 Pool Tournament</p>	<p><b>8</b> 9:30 11:30 Sewing  10:00 11:00 Equipment Workout  11:30 12:30 Karaoke  12:30 2:00 Knit &amp; Crochet  1:00 2:00 Games &amp; Activities  2:00 3:00 Jeopardy</p>
<p><b>11</b> 10:00 11:00 Equipment Workout  10:00 12:00 Basic Crafts  11:00 12:00 Basic Health Care  (Understanding Stress)  1:00 2:00 Stretching and Flexibility  2:00 3:00 Wii Game</p> <p><u>Virtual Zoom Classes</u>  3:10 3:40 Zumba Gold Seated</p>	<p><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 Healthy Mind &amp; Body  (Having Balance in Your Life)  1:00 3:00 Leamington Group  2:00 3:00 Scrabble</p> <p><u>Virtual Zoom Classes</u>  7:00 7:45 Solo Ballroom Dancing</p>	<p><b>13</b> 10:00 11:00 Equipment Workout  10:30 12:00 Writing Group  12:00 12:45 Zumba Gold  1:00 2:00 Nutrition  (Mindful Eating)  1:00 2:30 Aikido  1:00 3:00 Art</p> <p>6:30 9:00 Family Support Meeting</p>	<p><b>14</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>Consumer Meeting</b>  (Money Management  (Is it Worth Reselling Items)  1:00 3:00 Leamington Group  2:00 3:00 Euchre Tournament</p> <p><u>Virtual Zoom Classes</u>  7:00 8:30 Page Turner Book Club</p>	<p><b>15</b> 9:30 11:30 Sewing  10:00 11:00 Equipment Workout  11:30 12:30 Karaoke  12:30 2:00 Knit &amp; Crochet  1:00 2:00 Birthday Bingo  2:00 3:00 Sequence Board Game</p>
<p><b>18</b></p> <p align="center"><b>Closed for Victoria Dav</b></p>	<p><b>19</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 &amp; Body  (Good &amp; Bad Fad Diets)  1:00 3:00 Leamington Group  2:00 3:00 Scrabble</p> <p align="right">canceled</p> <p><u>Virtual Zoom Classes</u>  7:00 7:45 Solo Ballroom Dancing</p>	<p><b>20</b> 10:00 11:00 Equipment Workout  10:30 12:00 Writing Group  12:00 12:45 Zumba Gold  1:00 2:00 Nutrition  (Tour of Food Basics)  1:00 2:30 Aikido  1:00 3:00 Art</p>	<p><b>21</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  (Basic Budgeting)  1:00 3:00 Leamington Group  2:00 3:00 Ping Pong Tournament</p> <p align="right">canceled</p>	<p><b>22</b> 9:30 11:30 Sewing  10:00 11:00 Equipment Workout  11:30 12:30 Karaoke  12:30 2:00 Knit &amp; Crochet  1:00 2:00 Games &amp; Activities  2:00 3:00 MHC Family Feud</p> <p><u>Virtual Zoom Classes</u>  6:45 8:30 Paint Class</p>
<p><b>25</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</p> <p><u>Virtual Zoom Classes</u>  3:10 3:40 Zumba Gold Seated</p>	<p><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 Healthy Mind &amp; Body  (Keeping a Healthy Mind)  1:00 3:00 Leamington Group  2:00 3:00 Scrabble</p> <p align="right">canceled</p> <p><u>Virtual Zoom Classes</u>  7:00 7:45 Solo Ballroom Dancing</p>	<p><b>27</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 Pre &amp; Pro-biotics)  1:00 2:30 Aikido  1:00 3:00 Art</p>	<p><b>28</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  (Financial Goal Setting)  1:00 3:00 Leamington Group  2:00 3:00 Pool Tournament</p> <p><u>Virtual Zoom Classes</u>  7:00 8:30 Page Turner Book Club</p>	<p><b>29</b> 9:30 11:30 Sewing  10:00 11:00 Equipment Workout  11:30 12:30 Karaoke  12:00 1:00 <b>BBQ at Wigle Park</b>  12:30 2:00 Knit &amp; Crochet  1:00 2:00 Games &amp; Activities  2:00 3:00 Jeopardy</p> <p><u>Virtual Zoom Classes</u>  6:45 8:30 Paint Class</p>