

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 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>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</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 2:00 Healthy Mind & Body (Understanding the Basics of Food) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>3 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>4 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 (Shopping Tips to Save Money) 1:00 3:00 Leamington Group 2:00 3:00 Pool Tournament</p>	<p>5 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</p>
<p>8 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>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</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 Healthy Mind & Body (Heart Health) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>10 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Polyphenols & Longevity) 1:00 2:30 Aikido 1:00 3:00 Art</p> <p>6:30 9:00 Family Support Meeting</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>11 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 (Community Assistance) 1:00 3:00 Leamington Group 2:00 3:00 Euchre Tournament</p>	<p>12 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</p>
<p>15 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>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</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 1:00 2:00 Healthy Mind & Body (Movement as Medicine) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>17 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Do Fad Diets Work) 1:00 2:30 Aikido 1:00 3:00 Art</p>	<p>18 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 Money Management (Frugal Living Skills) 1:00 3:00 Leamington Group 2:00 3:00 Ping Pong Tournament</p>	<p>19 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 Sequence Board Game</p> <p>Virtual Zoom Classes 6:45 8:30 Paint Class</p>
<p>22 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>Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated</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 1:00 2:00 Healthy Mind & Body (Importance of Oral Hygiene) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>	<p>24 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Hydration 101) 1:00 2:30 Aikido 1:00 3:00 Art</p>	<p>25 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 (Generic vs Brand Names) 1:00 3:00 Leamington Group 2:00 3:00 Pool Tournament</p> <p>Virtual Zoom Classes 7:00 8:30 Page Turner Book Club</p>	<p>26 9:30 11:30 Sewing 10:00 11:00 Equipment Workout 11:30 12:30 Karaoke 12:00 1:00 BBQ Wigle Park 12:30 2:00 Knit & Crochet 1:00 2:00 Games & Activities 2:00 3:00 MHC Family Feud</p> <p>Virtual Zoom Classes 6:45 8:30 Paint Class</p>
<p>29 3:10 3:40 Zumba Gold Seated 10:00 12:00 Basic Crafts 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>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 Healthy Mind & Body (Gratitude) 1:00 3:00 Leamington Group 2:00 3:00 Scrabble</p> <p>Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing</p>			<p>Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-3431 www.mentalhealthconnections.ca</p>