

MENTAL HEALTH CONNECTIONS PROGRAM SCHEDULE - SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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 Healthv Mind & Bodv 1:00 2:00 Sequence Board Game 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble canceled Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing canceled	2 10:00 11:00 Equipment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Food Basics Tour) 1:00 2:30 Aikido 1:00 3:00 Art	3 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 (Debt Management) 1:00 3:00 Leaminaton Group 2:00 3:00 Euchre Toumament	4 9:30 11:30 Sewina 10:00 11:00 Equipoment Workout 11:30 12:30 Karaoke 12:30 2:00 Knit & Crochet 1:00 2:00 Pictionarv 2:00 3:00 MHC Familv Feud
7 CLOSED FOR LABOUR DAY	8 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 (Anatomy 101) 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing	9 10:00 11:00 Equipoment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Sugar & Salt the Silent Killers) 1:00 2:30 Aikido 1:00 3:00 Art 6:30 9:00 Familv Support Meetinga	10 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 Avoid Scams & Frauds) 1:00 3:00 Leaminaton Group 2:00 3:00 Pool Toumament Virtual Zoom Classes 7:00 8:30 Page Turner Book Club	11 9:30 11:30 Sewina 10:00 11:00 Equipoment Workout 11:30 12:30 Karaoke 12:30 2:00 Knit & Crochet 1:00 2:00 Games & Activities 2:00 3:00 Jeopardy
14 10:00 11:00 Equipoment Workout 10:00 12:00 Basic Crafts 1:00 2:00 Stretchina and Flexibility 2:00 3:00 Wii Game 2:00 3:00 Self Esteem (Motivation & Beina Unstuck) Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	15 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 Healthv Mind & Bodv (Balance in Your Life) 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing	16 10:00 11:00 Equipoment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Food Safety 101) 1:00 2:30 Aikido 1:00 3:00 Art	17 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 (Shopping Tips to Save Money) 1:00 3:00 Leaminaton Group 2:00 3:00 Pina Pona Toumament	18 9:30 11:30 Sewina 10:00 11:00 Equipoment Workout 11:30 12:30 Karaoke 12:30 2:00 Knit & Crochet 1:00 2:00 Birthday Binco 2:00 3:00 Sequence Board Game Virtual Zoom Classes 6:45 8:30 Paint Class
21 10:00 11:00 Equipoment Workout 10:00 12:00 Basic Crafts 1:00 2:00 Stretchina and Flexibility 2:00 3:00 Wii Game 2:00 3:00 Self Esteem (Handling Change) Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	22 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 (Eating Disorders) 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing	23 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 Breakfast Foods) 1:00 2:30 Aikido 1:00 3:00 Art	24 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 Euchre Toumament Virtual Zoom Classes 7:00 8:30 Page Turner Book Club	25 9:30 11:30 Sewina 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
28 10:00 11:00 Equipoment Workout 10:00 12:00 Basic Crafts 1:00 2:00 Stretchina and Flexibility 2:00 3:00 Wii Game 2:00 3:00 Self Esteem (Managing Stress & Staying Calm) Virtual Zoom Classes 3:10 3:40 Zumba Gold Seated	29 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 Healthv Mind & Bodv (Importance of Gratitude) 1:00 3:00 Leaminaton Group 2:00 3:00 Scrabble Virtual Zoom Classes 7:00 7:45 Solo Ballroom Dancing	30 10:00 11:00 Equipoment Workout 10:30 12:00 Writing Group 12:00 12:45 Zumba Gold 1:00 2:00 Nutrition (Pop vs Diet Pop) 1:00 2:30 Aikido 1:00 3:00 Art	Mental Health Connections 370 Erie Street East Windsor, ON N9A 3X3 Tel: 519-256-4854 Fax: 519-256-2424	