

Circuit Exercise Class

A guided class of aerobic and resistance exercises, with brief education sessions on healthy aging with HIV. Requires pre-screening with a physiotherapist. Runs periodically for 12 weeks

Mondays and **Thursdays**

11:00 - Noon

Runs periodically for 12 weeks

Tai Chi Exercise

Low intensity mixed style Tai Chi. Beginner-friendly for folks seeking either exercise or relaxation. Exercises are demonstrated in standing, assisted with chair and fully seated positions. Same day pre-screening required

Mondays 1:30 - 2:30 pm

Wednesdays 11:00 - Noon

Play, Move & Connect

An inclusive mix of physical sports and active video games with standing and seated options available. Socialize and have fun with others through digital and physical games.

Occasional local outings, which require pre-screening

Thursdays 1:30 - 3:00 pm

Gardening

Plant, grow, and harvest a variety of vegetables, herbs, and flowers. Learn about soil, compost, and garden design. Topics include: seed saving, organic gardening, and more.

Wednesdays 11:00 - Noon

Movie and Kit-making Group

Enjoy fun entertainment and keep yourself busy assembling harm reduction kits alongside other people. This easygoing group addresses stigmas around substance use and creates social connections.

Tuesdays 2:30 - 4:00 pm

BINGO!

Enjoy some thrilling fun playing classic BINGO with others!

Last Tuesday of the month
1:30 - 3:00 pm

Sounds of Tranquility

Enter a tranquil and serene environment filled with the elegant sounds of crystal sound bowls. Meditate in a lying or seated position, and enter a state of deep relaxation. Same-day pre-screening required.

Tuesdays and **Fridays**

11:00 - Noon

Steady On Your Feet: Falls Prevention

Practice exercises to reduce falls that could cause injuries. Learn more about falls-risk management and creating safer physical environments. Requires pre-screening with a physiotherapist.

Wednesdays 11:00 - Noon

Runs periodically for 8 weeks

Seating and Mobility Clinic

Get assessed for a new or replacement mobility device, like walkers or wheelchairs. Learn how to make device repairs and discover Ontario's Assistive Devices funding program (requires valid health card). Appointments required.

Wednesdays 1:00 - 3:00 pm

Cards & Games

Whether you want to play a classic game, learn something new, or just chat, everyone is welcome in this casual environment. Connect, make new friends, and enjoy this low-pressure drop-in.

Tuesdays 1:30 - 4:00 pm

Drumming Circle

Honour Indigenous identity and culture in this weekly celebration of Indigenous traditional healing practices. All are welcome to join this drumming circle.

Tuesdays 11:00 am - 1:00 pm

Comforts of Home Cooking

Prepare and eat diverse food from around the world, have great conversations, learn how to eat healthier while on a budget, and have fun in this group cooking class.

Thursdays 10:30 - Noon

ODSP Clinic

Ontario Disability Support Program (ODSP) provides funds to assist with living expenses, including food and rent. Get information to enhance your understanding of monthly funds, benefits, and employment support. For best results book an appointment.

**Every 2nd and 3rd
Wednesday** of the month
2:30 - 4:00 pm

Open Art Studio

This unstructured group allows you to work on your own projects at your own pace OR join fellow creators and learn a new skill. Unleash your creativity through the studio, with painting, beading, drawing, sewing, knitting, and more.

Wednesdays 1:30 - 3:00 pm

Karaoke Dance Party!

A fun and dynamic group for singing, dancing, lip syncing, or just listening to songs requested by group members. Each session will include an open song request list and space to move and dance.

Fridays 1:30 - 3:00 pm

**Outpatient care
available at Casey House:**



**Individual
appointments**

Monday to Friday
9:00 am - 5:00 pm
some appointments
available until 8:00 pm



**Facilitated group
programs**

Monday to Friday
9:00 am - 4:00 pm



Nursing clinic

Monday to Friday
9:30 am - 4:30 pm
Drop-in available
Fridays 1:00 - 4:00 pm



**Supervised consumption
services (SCS)
including inhalation**

Seven days a week (excludes holidays)
10:00 am - 6:00 pm Last call at 5:00 pm



Monday		Tuesday		Wednesday		Thursday		Friday	