



CASEY
HOUSE

Outpatient Groups Schedule

SPRING 2026

Free group programming led by an interdisciplinary team

The current outpatient groups schedule can be found online at caseyhouse.ca/outpatient

Physical Activity

Life Skills

Relaxation and
Self-Care

Social and
Support Groups

Creative

Circuit Exercise Class

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

CAROLANN MURRAY, PHYSIOTHERAPIST

Mondays and **Thursdays** 11:00 - Noon
Runs periodically for 12 weeks

Tai Chi Exercise (Drop-in)

Low intensity mixed style Tai Chi. Beginner-friendly for those with chronic illnesses, who are susceptible to falls, or looking to achieve a sense of relaxation. Exercises are demonstrated in standing and seated positions. Pre-screening required

SKYLER HABIBULLAH, RECREATIONAL THERAPIST

Mondays and **Fridays** 11:00- Noon

Steady On Your Feet: Falls Prevention

Reduce falls that could cause complications and injuries with exercise. Education around falls-risk management and creating safer environments accompany the exercises. Requires pre-screening with a physiotherapist.

CAROLANN MURRAY, PHYSIOTHERAPIST

Wednesdays 11:00 - Noon

Yoga (Drop-in)

Gentle beginner yoga to slow down, release tension, and increase flexibility and balance. No experience necessary. Just bring your curiosity and desire to relax.

MARY ROSE COWAN, YOGA INSTRUCTOR

Wednesdays 1:00 - 2:30 pm

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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.

BOBBIE MARTIN, OCCUPATIONAL THERAPIST
CAROLANN MURRAY, PHYSIOTHERAPIST

Wednesdays 1:00 - 3:00 pm

Movie and Kit-making Group (Drop-in)

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.

GRISHKA BLOM AND VICTORIA GLENCROSS PALMER, HARM REDUCTION WORKERS

Tuesdays 2:30 - 4:00 pm

Indoor and Outdoor Active Games Group

Get moving and have fun playing games like arcade basketball, ping-pong, bocce ball, adaptive bowling, soft archery and more! Available in standing and seated forms for an all-out inclusive experience.

SKYLER HABIBULLAH, RECREATIONAL THERAPIST

Bi-weekly Thursdays 2:30 - 3:45 pm

Cards & Games (Drop-in)

Join us for a relaxing and welcoming drop-in group! Whether you want to play a classic game, learn something new, or just share stories and memories, everyone is welcome. It's a great place to connect, make new friends, and enjoy a low-pressure, good time. Come as you are!

KRISTEN IRELAND,
RECREATIONAL THERAPIST

Tuesdays 1:30 - 4:00 pm

Spring Gardening (Drop-in)

Plant, cultivate and harvest a variety of plants, vegetables, and herbs- even during the winter - indoors and in our Rooftop Healing Garden. Connect with nature and get moving with relaxing stretches. Discuss topics like how to use plants as medicine, how to make balms, and more. Meet new people and be dazzled by nature.

KRISTEN IRELAND, RECREATIONAL THERAPIST
AND **LAURA MANNING**, MASSAGE THERAPIST

Wednesdays 11:00 - Noon

Sounds of Tranquility

Are you feeling down, anxious, in chronic pain, fearful, or stressed out? Enter a tranquil and serene environment filled with the elegant sounds of crystal sound bowls. Meditate in a lying and seated position. Get ready to enter a state of deep relaxation. Same-day pre-screening required.

SKYLER HABIBULLAH, RECREATIONAL THERAPIST

Tuesdays 11:00 - Noon

Drumming Circle

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

ROD MICHANO, INDIGENOUS SPIRITUAL
ADVISOR

Tuesdays 11:00 - 1:00 pm

Comfort of Home Cooking Workshop (Drop-in)

Meet new people, eat some awesome 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.

KRISTEN IRELAND, SKYLER HABIBULLAH,

RECREATIONAL THERAPISTS
ROXIE DANIELSON, NURSE

Thursdays 10:45 am - Noon

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. No singing or dance skills required.

KRISTEN IRELAND, RECREATIONAL
THERAPIST.

Thursdays 2:30 - 3:45 pm

Guided Journaling (Drop-in)

Explore goals, values, strengths, and purpose; while developing tools to navigate life's challenges. In this guided and supportive environment, creatively express your thoughts and emotions. Create a deeper connection with yourself and others!

SKYLER HABIBULLAH,
RECREATIONAL THERAPIST

Bi-weekly Thursdays 1:30 - 3:00 pm

Open Art Studio (Drop-in)

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, including painting, beading, drawing, sewing, knitting and more.

KRISTEN IRELAND, RECREATIONAL THERAPIST

Wednesdays 1:30 - 3:30 pm

	Monday	Tuesday	
9:30			
10:00			
11:00			
	Tai Chi Exercise 11:00 am - Noon Room 152	Circuit Exercise Class 11:00 am - Noon Physiotherapy Gym	
		Sounds of Tranquility 11:00 am - Noon Room 152	Drumming Circle 11:00 am - 1:00 pm Room 137
Noon			
	LUNCH	LUNCH	
1:00			
			Yoga (Drop-in) 1:00 pm - 2:30 pm Room 152
2:00		Cards & Games (Drop-in) 1:30 pm - 4:00 pm Room 152	
		Movie and Kit-making Group (Drop-in) 2:30 pm - 4:00 pm Dining Room	
3:00			
4:00			
5:00			
6:00			

PROGRAM CATEGORIES BY COLOUR

- Physical Activity
- Relaxation and Self-Care
- Life Skills
- Social and Support Groups
- Creative

Wednesday	Thursday	Friday
<p>Spring Gardening 11:00 am - Noon Art Studio</p>	<p>Steady On Your Feet Falls Prevention 11:00 am - Noon Physiotherapy Gym</p>	<p>Circuit Exercise Class 11:00 am - Noon Physiotherapy Gym</p>
	<p>Comforts of Home Cooking (Drop-in) 10:45 am - Noon Community Kitchen</p>	<p>Tai Chi Exercise (Drop-in) 11:00 am - Noon Room 152</p>
<p>LUNCH</p>	<p>LUNCH</p>	<p>LUNCH</p>
<p>Seating and Mobility Clinic 1:00 pm - 3:00 pm Physiotherapy Gym</p>	<p>Open Art Studio (Drop-in) 1:30 pm - 3:30 pm Art Studio</p>	<p>Guided Journaling (Drop-in) 1:30 pm - 3:00 pm Art Studio</p>
	<p>Indoor and Outdoor Active Games Group 2:30 pm - 3:45pm Dining Room</p>	<p>Karaoke Dance Party! (Drop-in) 1:30 pm - 3:00 pm Dining Room</p>

BINGO!
(Drop-in)
1:30 pm - 3:00 pm
Last Wednesday of the month.
Art Studio

ODSP Clinic
(Drop-in)
2:30 pm - 4:00 pm
Room 202
Every 2nd and 3rd Wednesdays
of the month.

Physical Activity

Life Skills

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ODSP Clinic (Drop-in)

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.

CASE MANAGERS

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

BINGO! (Drop-in)

Enjoy some thrilling fun playing BINGO with others in this casual and social environment.

KRISTEN IRELAND,
RECREATIONAL THERAPIST

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

SIGN-UP FOR GROUPS with our program assistant at 416-962-4040 ext. 2000 or kclarke@caseyhouse.ca.

Note: Most recreational therapy groups are drop-in, so please just show up, or call ahead to book your spot.



Outpatient care available at Casey House:



Individual appointments

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



Nursing clinic

Monday to Friday
9:30 am - 4:30 pm
Drop-in available
Fridays 1:00 pm - 4:00 pm
(Nurses cannot provide
prescriptions)



Facilitated group programs

Monday to Friday
9:00 am - 5:00 pm



Supervised consumption services (SCS), including inhalation

Monday to Friday
10:00 am - 8:00 pm
Last call at 7:00 pm