



Outpatient Groups Schedule

FALL 2025

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.

CAROLANN MURRAY, PHYSIOTHERAPIST

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

Wednesdays 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

Stretch & Move (Drop-in)

Learn effective stretching, Qi Gong health and massage techniques you can do at home. You will gently stretch, loosen your joints, and move more freely.

LAURA MANNING, MASSAGE THERAPIST
CAROLANN MURRAY, PHYSIOTHERAPIST

Thursdays 1:00 - 2:00 pm

Indoor and Outdoor Active Games Group (Drop-in)

Get moving and have fun playing a variety of games. Available in standing and seated forms for an all-out inclusive experience. Participants will meet in the lobby and play games outdoors, weather permitting.

SKYLER HABIBULLAH,
RECREATIONAL THERAPIST

Thursdays 2:30 - 4:00 pm

Fall Gardening (Drop-in)

Plant, cultivate and harvest a variety of plants, vegetables, and herbs—even as winter approaches—in our Love Family Healing Garden. Connect with nature and get moving with relaxing stretches outdoors. 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

Tuesdays 11:00 - Noon

Just Sayin' (Drop-in)

Come chat about what's on your mind and share knowledge with others in this engaging discussion group. Weekly topics are decided by the group, so come join the conversation.

KRISTEN IRELAND, RECREATIONAL THERAPIST

Tuesdays 1:00 - 2:00 pm

Bridge (Drop-in)

Want to learn how to play the card game bridge? Interested in meeting new people? Join our bridge club in the courtyard and have fun playing together.

KRISTEN IRELAND,
RECREATIONAL THERAPIST

Tuesdays 2:00 - 3:30 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.

LEXI HANNAN, HARM REDUCTION WORKER

Tuesdays 2:30 - 4:00 pm

Cards and 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!

SKYLER HABIBULLAH, RECREATIONAL THERAPIST

Wednesdays 1:30 - 3:00 pm

Movie Madness (Drop-in)

Enjoy watching some classic movies with snacks and good company. Laugh, cry, or just kickback and relax.

KRISTEN IRELAND RECREATIONAL THERAPIST

Fridays 2:30 - 4:00 pm

Casey House Outings

Want to get out, discover the city and take in new sights? Every week, this group will tour various locations around the GTA including museums, art galleries, places of interest, special events, exhibitions, parks, etc. Be sure to wear comfortable shoes and weather appropriate clothes. **Sign up required on the outpatient bulletin board by front reception.**

KRISTEN IRELAND AND **SKYLER HABIBULLAH**,
RECREATIONAL THERAPISTS

Bi-weekly Fridays 1:30 - 4:00 pm

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

	Monday	Tuesday			
9:30					
10:00					
11:00	<div><div>Circuit Exercise Class</div><div>11:00 am - Noon</div><div>Physiotherapy Gym</div></div>	<div><div>Fall Gardening</div><div>11:00 am - Noon</div><div>Art Studio</div></div>	<div><div>Sounds of Tranquility</div><div>11:00 am - Noon</div><div>Room 152</div></div>	<div><div>Drumming Circle</div><div>11:00 am - 1:00 pm</div><div>Room 137</div></div>	
Noon	LUNCH		LUNCH		
1:00			<div><div>Just Sayin' (Drop-in)</div><div>1:00 pm - 2:00 pm</div><div>Room 158</div></div>		<div><div>Yoga (Drop-in)</div><div>1:00 pm - 2:30 pm</div><div>Room 152</div></div> <div><div>Seating and Mobility Clinic</div><div>1:00 pm - 3:00 pm</div><div>Physiotherapy Gym</div></div>
2:00			<div><div>Bridge (Drop-in)</div><div>2:00 pm - 3:30 pm</div><div>Room 158</div></div>		
3:00	<div><div>Dance, Dance, Karaoke! (Drop-in)</div><div>2:30 pm - 3:45 pm</div><div>Dining Room</div></div>	<div><div>Movie and Kit-making Group (Drop-in)</div><div>2:30 pm - 4:00 pm</div><div>Dining Room</div></div>			
4:00					
5:00					
6:00					

PROGRAM CATEGORIES BY COLOUR

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

Wednesday			Thursday			Friday		
Tai Chi Exercise 11:00 am - Noon Room 152	Steady On Your Feet Falls Prevention 11:00 am - Noon Physiotherapy Gym		Circuit Exercise Class 11:00 am - Noon Physiotherapy Gym	Comfort of Home Cooking Workshop (Drop-in) 10:45 am - Noon Community Kitchen	Sounds of Tranquility 11:00 am - Noon Room 152	Tai Chi Exercise (Drop-in) 11:00 am - Noon Room 152		
LUNCH			LUNCH			LUNCH		
	Cards & Games (Drop-in) 1:30 pm - 3:00 pm Room 158	Open Art (Drop-in) 1:30 pm - 3:00 pm Art Studio	Stretch and Move (Drop-in) 1:00 pm - 2:00 pm Room 152			Casey House Outings 1:30 pm - 4:00 pm Various locations meet at Lobby at the Blue Couches	Music Therapy 2 1:00 pm - 2:00 pm Room 158	
			Music Therapy 1 2:00 pm - 3:00 pm Room 152		Indoor and Outdoor Active Games (Drop-in) 2:30 pm - 4:00 pm Dining Room		Movie Madness (Drop-in) 2:30 pm - 4:00 pm Dining Room	

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Sounds of Tranquility

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SKYLER HABIBULLAH, RECREATIONAL THERAPIST

Tuesdays and **Thursdays** 11:00 - Noon

Dance, Dance, Karaoke!

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.

Mondays 2:30 - 3:45 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.

ROD MICHANO,
INDIGENOUS SPIRITUAL ADVISOR

Tuesdays 11:00 - 1:00 pm

Open Art (Drop-in)

For anyone looking to make artwork on their own. This unstructured group allows you to work on your own projects at your own pace. Unleash your creativity through the studio, including painting, beading, drawing, sewing, knitting and more.

KRISTEN IRELAND, RECREATIONAL THERAPIST

Wednesdays 1:30 - 3:00 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, RECREATIONAL THERAPIST

Thursdays 10:45 am - Noon

Music Therapy 1

A group devoted to singing, connection, and self-expression through music. Participants can choose their own songs to listen to and sing along while also keeping rhythm with small percussion instruments.

REENIE PERKOVIC, LAUREN WILLIS
MUSIC THERAPISTS

Thursdays 2:00 - 3:00 pm

Music Therapy 2

An inclusive, safe, and creative space to nurture well-being. Sing, play, share, and listen to music, analyze song lyrics, and songwriting. Everyone is welcome no matter your musical experiences.

REENIE PERKOVIC, LAUREN WILLIS

MUSIC THERAPISTS

Fridays 1:00 - 2:00 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

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

Addictions Physician (Drop-in)

Meet one on one with our addictions doctor to chat about any substance use related care. No prescriptions or opioid therapy to be provided, but we may provide referrals to other resources and services. Availability on a first come first served basis.

DR. DANIA NOTTA, ADDICTIONS PHYSICIAN

**Thursdays
Oct 9
Nov 13
Dec 11**

Drop in 1:1 (30 min)
No prescriptions
May be referred

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
Noon - 3:00 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

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