

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 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

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

Indoor and Outdoor Active Games

Play a variety of fun activities to get you moving. Available in standing and seated forms for an all-out inclusive experience.

Bi-weekly Thursdays

2:30 - 3:45 pm

Summer Gardening

Plant, cultivate and harvest a variety of plants, vegetables, and herbs 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, make balms, 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

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

BINGO!

Enjoy some thrilling fun playing classic BINGO with others!

Last Wednesday of the month

1:30 - 3:30 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 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.

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 10:45 - 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

Guided Journaling

Explore goals, values, strengths, and purpose while developing tools to navigate life's challenges. In this guided and supportive environment, participants express themselves creatively to increase self-awareness and improve emotional regulation.

Bi-weekly Thursdays
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

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

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

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



	Monday	Tuesday	Wednesday	Thursday	Friday
9:30					
10:00					
11:00	Tai Chi Exercise Class 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	Summer Gardening 11:00 am - Noon Art Studio Steady On Your Feet Falls Prevention 11:00 am - Noon Physiotherapy Gym	Comfort of Home Cooking 10:45 am - Noon Community Kitchen Circuit Exercise Class 11:00 am - Noon Physiotherapy Gym	Tai Chi Exercise Class 11:00 am - Noon Room 152
Noon	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00					
2:00		Cards & Games 1:30 pm - 4:00 pm Room 152 Movie and Kit-making 2:30 pm - 4:00 pm Dining Room	Seating and Mobility Clinic 1:00 pm - 3:00 pm Physiotherapy Gym Open Art Studio 1:30 pm - 3:00 pm Art Studio		Karaoke Dance Party! 1:30 pm - 3:00 pm Room 152
3:00					
4:00					

PROGRAM CATEGORIES BY COLOUR

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

Guided Journaling
1:30 pm - 3:00 pm
Bi-weekly Thursdays Art Studio

Indoor and Outdoor Active Games
2:30 pm - 3:45 pm
Bi-weekly Thursday Meet at Dining Room

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

ODSP Clinic
2:30 pm - 4:00 pm
Room 104
Every 2nd and 3rd Wednesday of the month.

