



CASEY
HOUSE

Outpatient Groups Schedule

WINTER 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

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

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 WORKER

Tuesdays 2:30 - 4:00 pm

Winter 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

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

Social Tea Time

Join us for a moment of warmth, connection, and good company at our regular tea social! This is a casual, inclusive gathering where we can share stories, make new friends, and enjoy a calming cup of tea (or coffee/hot beverage of your choice). Let's brew some kindness together!

SKYLER HABIBULLAH,
RECREATIONAL THERAPIST,

Tuesdays 1:30 - 2:30 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
AND **SKYLER HABIBULLAH**,

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

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

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

The Compass Stories (Drop-in)

Read short stories that explore emotions, humor, and different human experiences. Each session, we read a story aloud, focusing on themes of resilience, empathy, community, and hope. Bring your listening ear and your willingness to share your thoughts.

SKYLER HABIBULLAH,
RECREATIONAL THERAPIST,

Tuesdays 1:30 - 2:30 pm

	Monday	Tuesday		
9:30				
10:00				
11:00				
	Circuit Exercise Class 11:00 am - Noon Physiotherapy Gym	Winter Gardening 11:00 am - Noon Art Studio	Sounds of Tranquility 11:00 am - Noon Room 152	Drumming Circle 11:00 am - 1:00 pm Room 137
Noon				
	LUNCH	LUNCH		LUNCH
1:00				
				Yoga (Drop-in) 1:00 pm - 2:30 pm Room 152
				Seating and Mobility Clinic 1:00 pm - 3:00 pm Physiotherapy Gym
2:00		Social Tea Time 1:30 pm - 2:30 pm Room 255		
			Bridge (Drop-in) 2:00 pm - 3:30 pm Room 158	
3:00	Dance, Dance, Karaoke! (Drop-in) 2:30 pm - 3:45 pm Dining Room	Movie and Kit-making Group (Drop-in) 2:30 pm - 4:00 pm Dining Room		
4:00				
5:00				
6:00				

PROGRAM CATEGORIES BY COLOUR

■ Physical Activity

■ Life Skills

■ Creative

■ Relaxation and Self-Care

■ Social and Support Groups

<p>BINGO! (Drop-in) 1:30 pm - 3:00 pm Last Wednesday of the month. Art Studio</p>	<p>ODSP Clinic (Drop-in) 2:30 pm - 4:00 pm Room 202 Every 2nd and 3rd Wednesdays of the month.</p>
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Creative

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 - 3:00 pm

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

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

Thursdays 1:30 - 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

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
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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