



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](http://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



## Physical Activity



## Life Skills



## Relaxation and Self-Care



## Social and Support Groups



## Creative

### **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

### **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

### **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 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 GLEN CROSS PALMER, HARM REDUCTION WORKER**

**Tuesdays** 2:30 - 4:00 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 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	<b>Circuit Exercise Class</b> 11:00 am - Noon Physiotherapy Gym	<b>Winter Gardening</b> 11:00 am - Noon Art Studio	<b>Sounds of Tranquility</b> 11:00 am - Noon Room 152	<b>Drumming Circle</b> 11:00 am - 1:00 pm Room 137	
Noon					
	<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>
1:00					
2:00		<b>Social Tea Time</b> 1:30 pm - 2:30 pm Room 255		<b>Bridge (Drop-in)</b> 2:00 pm - 3:30 pm Room 158	<b>Yoga (Drop-in)</b> 1:00 pm - 2:30 pm Room 152
3:00	<b>Dance, Dance, Karaoke! (Drop-in)</b> 2:30 pm - 3:45 pm Dining Room	<b>Movie and Kit-making Group (Drop-in)</b> 2:30 pm - 4:00 pm Dining Room			<b>Seating and Mobility Clinic</b> 1:00 pm - 3:00 pm Physiotherapy Gym
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
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
	Comforts of Home Cooking Workshop (Drop-in) 10:45 am - Noon Community Kitchen	Tai Chi Exercise (Drop-in) 11:00 am - Noon Room 152
	LUNCH	LUNCH
The Compass Stories (Drop-in) 1:30 pm - 2:30 pm Room 158	Open Art Studio (Drop-in) 1:30 pm - 3:00 pm Art Studio	Music Therapy 1 2:00 pm - 3:00 pm Room 152
	Guided Journaling (Drop-in) 1:30 pm - 3:00 pm Room 255	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
		Movie Madness (Drop-in) 2:30 pm - 4:00 pm Dining Room
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.	

**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

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## 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

**SIGN-UP FOR GROUPS** with our program assistant at 416-962-4040 ext. 2000 or [kclarke@caseyhouse.ca](mailto:kclarke@caseyhouse.ca).

## 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

**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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