



Day Health Program Weekly Groups Schedule – Fall 2021

| Times | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|---|--|---|---|---|
| 8:30 am | | | | | |
| 9:00 am | | | | | |
| 9:30 am | | | | | |
| 10:00 am | | In-Person Circuit Exercise Class 10:00 – 11:00 <i>Gym</i> | | Legends Coffee Hour 10:00 – 11:00 <i>Room 158</i> | In-person Music Therapy 10:00 – 11:00 <i>Dining Hall</i> |
| 10:30 am | | | Virtual Limber Up 10:30 – 11:30 <i>Zoom</i> | In-Person Circuit Exercise Class 10:30 – 11:30 <i>Gym</i> | |
| 11:00 am | Nordic Pole Walking Group 11:00 – 12:00 <i>Outdoors</i> | Garden Group 11:00 – 12:00 <i>Rooftop</i> | Aromatherapy Group 10:30 – 12:00 <i>Community Kitchen</i> | Gay Men's Discussion Group 10:30 – 12:00 <i>Dining Hall</i> | Book Club 11:00 – 12:00 <i>Room 158</i> |
| 11:30 am | | | More Money No Problems 10:45 – 12:00 (Every other week) | | Mindfulness Meditation Group/Stretch Group 11:00 – 12:00 <i>Room 152 Rotates weekly</i> |
| 12:00 pm | Lunch | | | | |
| 12:30 pm | | | | | |
| 1:00 pm | | | Garden Group 1:00 – 2:00 <i>Rooftop</i> | | Housing Support Group 1:00 – 2:15 <i>Computer Lab (Every other week)</i> |
| 1:30 pm | COVID Coping & Connection 1:30 – 2:30 <i>Room 158</i> | Art Group 1:30 – 3:00 <i>Art Room</i> | HR Kit-Making Group 1:30 – 3:00 <i>Dining Hall</i> | Yoga 1:00 – 2:30 <i>Room 152</i> | |
| 2:00 pm | | Virtual Chronic Pain Self-Management 2:00 – 3:00 <i>Zoom</i> | Movie Group 1:30 – 4:00 <i>4th Floor Boardroom</i> | The Living Room: Grief, Loss, & Bereavement 1:00 – 3:00 <i>Room 152</i> | |
| 2:30 pm | | | Virtual Exercise Class 2:00 – 3:00 <i>Zoom</i> | | |
| 3:00 pm | | | | | |
| 3:30 pm | | | | | |
| 4:00 pm | | | | | |
| 4:30 pm | | | | | |

Physical Activity
Support Group
Arts, Music, and Culture
Social Group
Life Skills
Relaxation and Self-Care

To sign-up for any of the groups listed above or to get more information please contact DHP Program Assistant, Shereena Hoosein at 416-962-4040 ext. 2000 or email at shoosein@caseyhouse.ca.