



# Day Health Program Weekly Groups Schedule

**FALL 2021**

## VIRTUAL GROUPS

### Nordic Pole Walking Group

The group meets and walks a pre-determined route through Toronto's east end. This cardiovascular exercise can engage 40% more muscles than traditional walking. The poles help unweight joints in the lower body, making it good for people with chronic pain and arthritis.

**Carolann Murray** and  
**Samuel Morrison**, PHYSIOTHERAPISTS

**Mondays** 11:00 a.m. - 12:00 p.m.

### In-Person Circuit Exercise Class

Exercise set to music with a combination of strengthening and aerobic exercise. To participate you must be able to stand independently and move for up to 45 minutes. Please know or check with your doctor that it is safe for you to exercise.

**Carolann Murray** and  
**Samuel Morrison**, PHYSIOTHERAPISTS

**Tuesdays** 10:00 a.m. - 11:00 a.m. and  
**Thursdays** 10:30 a.m. - 11:30 a.m.

### Virtual Chronic Pain Self-Management

Manage chronic pain with comprehensive pain science education and development of practical tools. Sessions focus on a different pain-related topic and will involve familiar faces from Casey House's interdisciplinary team. Clients will play an active role in the group with time for guided discussions.

**Carolann Murray** and  
**Samuel Morrison**, PHYSIOTHERAPISTS

**Tuesdays** 2:00 p.m. - 3:00 p.m.

### Limber Up

Covers basic head-to-toe stretching and discusses fundamentals of exercise and anatomy. All levels of fitness are welcome, exercises can be modified to accommodate clients with varied abilities.

**Shona Thompson**, RMT

**Wednesdays** 10:30 a.m. - 11:30 a.m.

### Yoga

Gentle, beginner hatha yoga, everyone welcome. Slow down, and release tension. Increase flexibility, balance and range of motion. Create an awareness of movement and how the body/mind connection can help change old habits. Theme based (anatomical, breathing practices, mind/body connection).

**Mary Rose**, YOGA INSTRUCTOR

**Wednesdays** 1:00 p.m. - 2:30 p.m.

### Virtual Exercise Class

A virtual physiotherapist-led exercise class composed of a combination of aerobic and resistance training. Clients can participate in community-based exercise led by rehabilitation professionals from the comfort of their own home.

**Carolann Murray** and  
**Samuel Morrison**, PHYSIOTHERAPISTS

**Wednesdays** 2:00 p.m. - 3:00 p.m.

### Art Group

The art group will help participants hone their creative skills and problem solving, as they explore new media and express themselves visually.

**Craig Currah**, R/TRO

**Mondays** 1:30 p.m. - 3:30 p.m.

### Music Therapy Group (in-person)

An inclusive, safe, and creative space to nurture well-being (social, emotional, cognitive, physical, and spiritual). Sessions include: singing, playing and listening to music, sharing music, song lyric analysis, and songwriting. Everyone is welcome no matter your musical experiences.

**Daniel Bevan-Baker**, MTA (CERTIFIED MUSIC THERAPIST)

**Fridays** 10:00 a.m. - 11:00 a.m.

### Music Therapy Group (virtual)

An inclusive, safe, and creative space to nurture well-being (social, emotional, cognitive, physical, and spiritual). Sessions include: singing, playing and listening to music, sharing music, song lyric analysis, and songwriting. Everyone is welcome no matter your musical experiences.

**Daniel Bevan-Baker**, MTA (CERTIFIED MUSIC THERAPIST)

**Fridays** 11:00 a.m. - 12:00 p.m.

### Book Club

Meets weekly to discuss perspectives on selected literary works. This group will be a fun way to connect with others, socialize and explore various themes. The group will aim to start a new novel every two months.

**Craig Currah**, R/TRO

**Fridays** 11:00 a.m. - 12:00 p.m.

### Movie Group

Watch a movie together; light snacks/refreshments are provided. All genres of movies are screened with about 1 of every 4 films being 2SGLBTQIA+ themed. Participants must be able to sit for more than an hour and conduct themselves appropriately. Sign-up each week at reception.

**Craig Currah**, R/TRO

**Tuesdays** 1:30 p.m. - 4:00 p.m.

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### Housing Support Group

Covers a variety of applications relating to subsidized housing and assistance programs such as: Rent-Geared-to-Income (RGI), Hydro Assistance, Rent Bank, and HIV & AIDS Legal Clinic Ontario (HALCO).

**Charity Mwaura**, CASE MANAGER

EVERY OTHER

**Friday** 1:00 p.m. – 2:15 p.m.

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### More Money No Problems!

A financial literacy program that focuses on understanding and managing debt, budgeting, and using different social assistance programs. Special topics include taxes, jobs, and investments.

**Charity Mwaura**, CASE MANAGER

EVERY OTHER

**Tuesday** 10:30 a.m. – 12:00 p.m.

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### Garden Group

A chance to enjoy the outdoor space on our rooftop as we embark on winter gardening activities. Gardening provides access to fresh air and sunshine, increases physical activity, helps relieve stress, increases socializing, and allows for greater connection to nature.

**Craig Currah**, R/TRO

**Mondays** 11:00 a.m. – 12:00 p.m. and

**Wednesdays** 1:00 p.m. – 2:00 p.m.

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### Aromatherapy Group

Will discuss physical and emotional health, and mix oils to create a personalized scent that participants can apply as part of self-care at home. Aromatherapy uses natural oils from flowers and plants to enhance psychological and physical well-being. The inhaled aroma is believed to stimulate brain function and can be absorbed through the skin to promote whole-body healing.

**Brian Clelland**, RMT

**Tuesdays** 10:30 a.m. – 12:00 p.m.

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### Mindfulness Meditation Group

Will practice mindfulness, a type of meditation in which the focus is on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgement. Mindfulness includes breathing methods, guided imagery, and others to relax the body and mind, and help reduce stress.

**Brian Clelland**, RMT

EVERY OTHER

**Friday** 11:00 a.m. – 12:00 p.m.

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### Stretch Group

Emphasizes stretching for overall maintenance of health. It keeps muscles flexible, strong, and healthy. Flexibility can maintain the range of motion in joints and could take weeks or months to achieve. This is an opportunity to consistently practice stretching techniques. Clients may be seated, standing or use mats on the floor.

**Brian Clelland**, RMT

EVERY OTHER

**Friday** 11:00 a.m. – 12:00 p.m.

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### Gay Men's Discussion Group

Aims to provide a safe environment for men who identify as gay or bisexual to network, promote healthier lifestyles, and share experiences about a range of relevant topics. This group will help clients engage in meaningful dialogue to maintain a sense of community through shared experiences.

**Brian Clelland**, RMT and

**Craig Currah**, R/TRO

**Thursdays** 10:30 a.m. – 12:00 p.m.

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### Legends Coffee Hour

A social and informational group for people 50 years and over who live with HIV. In addition to being a safe space for discussion, Sudoku and crossword puzzles will be available for mental stimulation. There will also be informational sessions about topics related to aging, such as: HIV and memory changes; aging and mental health; CPP/OAS; and POA/advance directives.

**Maya Ricker-Wilson**, CASE MANAGER

**Thursdays** 10:00 a.m. – 11:00 a.m.

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### Harm Reduction Kit Making

A social, informational, and participatory group where clients help assemble the safer injection/inhalation kits distributed to people who use drugs to reduce injury and illness. Participants can also share information and learn more about the poisoned drug supply and safer substance use practices, including updates from harm reduction networks. Information will also be provided on addiction treatment.

**Maya Ricker-Wilson**, CASE MANAGER

**Tuesdays** 1:30 p.m. – 3:00 p.m.

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### The Living Room: Grief, Loss, & Bereavement

A peaceful space to gather and honour the principles, histories and experiences embedded in loss. As the pandemic persists, we are dealing with loss and grief, which affects our physical, emotional, cognitive, and spiritual well-being. The grief journey becomes more manageable and meaningful when shared with others who understand its challenge. Members can share feelings of loss, learn about the grieving process, develop strategies for coping.

**Daniel Pugh**, MENTAL HEALTH CLINICIAN

**Thursdays** 1:00 p.m. – 3:00 p.m.

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### COVID, Coping and Connection (CCC)

An adaptation to Club Callwood launched earlier this year, CCC will run for 6 weeks as a semi-casual discussion group dedicated to bringing folks together to decrease feelings of loneliness and isolation, while sharing ideas and experiences with each other around coping.

**Daniel Pugh**, MENTAL HEALTH CLINICIAN

**Mondays** 1:30 p.m. – 2:30 p.m.

Sometimes things change, visit the Day health program page on **Caseyhouse.ca** for the most current calendar.