

Casey House Day Health Program Activities - February 2019



MONDAY Lunch 12 -1	TUESDAY Lunch 12 - 1	WED Lunch 12- 1	THURSDAY Lunch 12 - 1	FRIDAY Lunch 12 - 1
				1 NURSING CLINIC 10 - 12 1 - 3 LIVING WELL WITH MEMORY CHANGES & HIV 10 - 11.30 WOMEN'S GROUP 11 - 12 ART DROP-IN 1 - 2.30
4 NURSING CLINIC 10 - 12 1 - 3 YOGA: EXPLORING SUN SALUTATION 10 - 11.30 MEDITATIVE ART 11 - 12 PODCAST MEETING 1.15 - 2.30	5 NURSING CLINIC 10 - 12 1 - 3 MINDFULNESS MEDITATION PRACTICE GROUP 10.45 COMMUNITY OUTING, ART GALLERY OF ONTARIO DEPART 12.45 HARM REDUCTION KIT MAKING 1.15 - 2.30 SEEKING SAFETY 2.45 - 3.45	6 DAY HEALTH IS OPEN FOR LUNCH PROGRAM and BOOKED APPTS. ONLY	7 ART DROP-IN 10 - 12 NURSING CLINIC 10 - 12 1 - 3 FOOT CARE CLINIC APPT. ONLY AFTERNOON MOVIE 1.15	8 NURSING CLINIC 10 - 12 1 - 3 LIVING WELL WITH MEMORY CHANGES & HIV 10 - 11.30 WOMEN'S GROUP 11 - 12 ART DROP-IN 1 - 2.30
11 NURSING CLINIC 10 - 12 / 1 - 3 YOGA: EXPLORING SUN SALUTATION 10 - 11.30 MEDITATIVE ART 11 - 12 SMOKING CESSATION CLINIC 1 - 4	12 NURSING CLINIC 10 - 12 1 - 3 MINDFULNESS MEDITATION PRACTICE GROUP 10.45 JILL McNALL, HALCO - ODSP CHANGES 1.15 - 2.45 WHAT'S FOR DINNER COOKING GROUP 1 - 3 HARM REDUCTION KIT MAKING 1.15 - 2.30 SEEKING SAFETY 2.45 - 3.45	13 DAY HEALTH IS OPEN FOR LUNCH PROGRAM, BOOKED APPTS. PODCAST PRACTICE STORY TELLING 1.15 - 2.30 AND LEGEND'S COFFEE HOUR 1 - 2 FOR CLIENTS 50+	14 ART DROP-IN 10 - 12 NURSING CLINIC 10 - 12 1 - 3 FOOT CARE CLINIC APPT. ONLY BINGO 1.15 - 2.15	15 NURSING CLINIC 10 - 12 1 - 3 LIVING WELL WITH MEMORY CHANGES & HIV 10 - 11.30 WOMEN'S GROUP 11 - 12 MUSIC GROUP 1.15 - 2.15

Casey House Day Health Program Activities - February 2019



MONDAY Lunch 12 -1	TUESDAY Lunch 12 - 1	WED Lunch 12- 1	THURSDAY Lunch 12 - 1	FRIDAY Lunch 12 - 1
18	19	20	21	22
<p>CASEY HOUSE IS CLOSED TODAY</p>	<p>NURSING CLINIC 10 - 12 1 - 3</p> <p>MINDFULNESS MEDITATION PRACTICE GROUP 10.45</p> <p>MOVIE OUTING DEPART 12.45</p> <p>HARM REDUCTION KIT MAKING 1.15 - 2.30</p> <p>SEEKING SAFETY 2.45 - 3.45</p>	<p>DAY HEALTH IS OPEN FOR</p> <p>LUNCH PROGRAM</p> <p>BOOKED APPTS.</p> <p>AND</p> <p>PODCAST MEETING 1.15 - 2.30</p>	<p>ART DROP-IN 10 - 12</p> <p>NURSING CLINIC 10 - 12 1 - 3</p> <p>FOOT CARE CLINIC APPT. ONLY</p> <p>AFTERNOON MOVIE 1.15</p>	<p>NURSING CLINIC 10 - 12 1 - 3</p> <p>LIVING WELL WITH MEMORY CHANGES & HIV 10 - 11.30</p> <p>WOMEN'S GROUP 11 - 12</p> <p>ART DROP-IN 1 - 2.30</p> <p>MUSIC GROUP 1.15 - 2.15</p>
25	26	27	28	
<p>NURSING CLINIC 10 - 12 1 - 3</p> <p>YOGA: EXPLORING SUN SALUTATION 10 - 11.30</p> <p>MEDITATIVE ART 11 - 12</p> <p>SELF-CARE ON A BUDGET 11 - 12</p> <p>BOOK CLUB 1 - 2</p> <p>SMOKING CESSATION CLINIC 1 - 4</p>	<p>NURSING CLINIC 10 - 12 1 - 3</p> <p>MINDFULNESS MEDITATION PRACTICE GROUP 10.45</p> <p>WHAT'S FOR DINNER COOKING GROUP 1 - 3</p> <p>HARM REDUCTION KIT MAKING 1.15 - 2.30</p> <p>SEEKING SAFETY 2.45 - 3.45</p>	<p>DAY HEALTH IS ONLY OPEN FOR</p> <p>LUNCH PROGRAM, BOOKED APPTS.</p> <p>PODCAST PRACTICE STORY TELLING 1.15 - 2.30</p>	<p>NURSING CLINIC 10 - 12 1 - 3</p> <p>FOOT CARE CLINIC APPT. ONLY</p> <p>BINGO 1.15 - 2.15</p>	

To register for Casey House, Day Health Program activities or for further information, call 416-962-4040 & the extension number indicated

Afternoon Movie: Join us for a new release movie showing on the big screen in the dining room.

Art Drop-In: Join our art drop-in to get your hands & mind working in our beautiful art studio. Find & share inspiration, work on an ongoing project or try something new, & get your creative juices flowing.

Bingo: Come play your favorite game, socialize, & win fun prizes.

Community Outing to the AGO: Come browse various art collections from Indigenous, Canadian, European, African, & Contemporary artists. Casey House will pay for admission. Please RSVP with Ryan, ext. 2020.

Harm Reduction Kit Making: Discuss harm reduction, safer drug use & sexuality with Casey House clinicians & peers, while making kits to support safer substance use in the community. Tokens provided.

Living Well with Memory Changes & HIV: 5-week workshop series for persons experiencing memory changes & living with HIV. To register or for more information, please contact Richard, ext. 2018.

Meditative Art: Join us in a quiet, calm & relaxing environment where we will practice easy to learn & creative arts that are meditative through their repetitive nature. Examples are: mandalas, zentangles, line art, & freehand doodling. Any questions, call Lexie, ext. 2021.

Mindfulness Meditation Practice Group: Join this weekly meditation group to practice your Mindfulness Meditation skills through facilitated meditations. Please arrive promptly at 10:45am.

Movie Outing: Come see a Movie with other Casey House clients at the Imagine Theatres. Casey House will pay for admission. Please RSVP with Lexie, ext. 2021 or Tania, ext. 2022.

Music Group: Join us to promote motor skills, self-confidence, & positive mood by banging on a drum, strumming a guitar, tickling the ivories, singing out of key or just sitting & listening. No need to be a musician to attend. RSVP Lexie, ext. 2021.

Podcast Information Session: Casey House is producing a 6 episode pilot podcast. Join Liz every Wednesday afternoon in February. Please register with Liz, ext. 2019.

Seeking Safety: A group to discuss life experiences, substance use & safe coping skills. Contact Jennifer, ext. 2015 if you have any questions.

Self-Care on a Budget: In this workshop, you will learn how to make natural, cost effective & environmentally friendly products for your home & for personal care. This group is limited to 10 people. RSVP to Shona, ext. 2024.

Smoking Cessation Clinic: Do you smoke cigarettes & have you been thinking about reducing or quitting altogether? Book a 1:1 meeting with Tania Auer, Recreation Therapist, to discuss your goals, form a quit plan, & put it into action. Meetings must be pre-scheduled & can be booked by calling Tania, ext. 2022. Initial assessment meetings will be booked for 1 hour & follow-up support meetings will be booked for 30 minutes.

The Legend's Coffee Hour: Join a volunteer facilitator & Recreation Therapist for a coffee & light conversation with like-minded individuals. This group is for Casey House clients who are 50 years of age or older.

What's For Dinner Cooking Group: Work in a group setting with other participants to cook a large-batch meal & take a portion home with you to enjoy for dinner. February's menu is Lasagna Roll Ups. Participants must register in advance & may only attend one group per month. Please specify which date you would like to attend. Call Tania, ext. 2022.

Women's Group: This is an ongoing weekly group with topics & activities that focus on women's overall emotional & physical health & well-being. This is an open group format so feel free to drop-in whenever you can. Any questions, please call Lexie, ext. 2021 or Tania, ext. 2022.

Yoga: Exploring Sun Salutation: Come learn the basics of simplified sun salutation which will explore standing poses, lunge, dog pose, & forward bends.