

Casey House Day Health Program Activities - January 2019



MONDAY Lunch 12 -1	TUESDAY Lunch 12 - 1	WED Lunch 12- 1	THURSDAY Lunch 12 - 1	FRIDAY Lunch 12 - 1
	1 CASEY HOUSE IS CLOSED TODAY	2 DAY HEALTH IS OPEN FOR THE LUNCH PROGRAM AND BOOKED APPTS. ONLY	3 COFFEE CLUB 10 - 11 ART DROP-IN 10 - 12 NURSING CLINIC 10 - 12 / 1 - 3 FOOT CARE CLINIC APPT. ONLY STRETCH IT 11 - 12 BINGO 1.15 - 2.45	4 COFFEE CLUB 10 - 11 NURSING CLINIC 10 - 12 1 - 3 WOMEN'S GROUP 11 - 12 ART DROP-IN 1 - 2.30 AFTERNOON MOVIE 1 - 3
7 COFFEE CLUB 10 - 11 NURSING CLINIC 10 - 12 1 - 3 YOGA: EXPLORING SUN SALUTATION 10 - 11.30 MEDITATIVE ART 11 - 12 BOOK CLUB 1 - 2	8 COFFEE CLUB 10 - 11 NURSING CLINIC 10 - 12 1 - 3 INTRO TO AROMATHERAPY 10.30 - 12 MINDFULNESS MEDITATION PRACTICE GROUP 10.45 VISION BOARDS 1 - 2.30 HARM REDUCTION KIT MAKING 1.15 - 2.30 SEEKING SAFETY 2.45 - 3.45	9 DAY HEALTH IS OPEN FOR THE LUNCH PROGRAM BOOKED APPTS. - AND - PODCAST INFO SESSION 1.15 <i>REGISTER WITH LIZ, XTN 2029</i>	10 COFFEE CLUB 10 - 11 ART DROP-IN 10 - 12 NURSING CLINIC 10 - 12 1 - 3 FOOT CARE CLINIC APPT. ONLY STRETCH IT 11 - 12 BINGO 1.15 - 2.45	11 COFFEE CLUB 10 - 11 NURSING CLINIC 10 - 12 1 - 3 WOMEN'S GROUP 11 - 12 ART DROP-IN 1 - 2.30 AFTERNOON MOVIE 1 - 3

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<p style="text-align: right;">14</p> <p>COFFEE CLUB 10 - 11</p> <p>NURSING CLINIC 10 - 12 / 1 - 3</p> <p>YOGA: EXPLORING SUN SALUTATION 10 - 11.30</p> <p>MEDITATIVE ART 11 - 12</p> <p>BOOK CLUB 1 - 2</p>	<p style="text-align: right;">15</p> <p>COFFEE CLUB 10 - 11</p> <p>NURSING CLINIC 10 - 12 1 - 3</p> <p>INTRO TO AROMATHERAPY 10.30 - 12</p> <p>MINDFULNESS MEDITATION PRACTICE GROUP 10.45</p> <p>BLEEDING TISSUE PAPER ART 1 - 2.30</p> <p>HARM REDUCTION KIT MAKING 1.15 - 2.30</p> <p>SEEKING SAFETY 2.45 - 3.45</p>	<p style="text-align: right;">16</p> <p style="text-align: center;">DAY HEALTH IS OPEN FOR THE LUNCH PROGRAM</p> <p>BOOKED APPTS.</p>	<p style="text-align: right;">17</p> <p>COFFEE CLUB 10 - 11</p> <p>ART DROP-IN 10 - 12</p> <p>NURSING CLINIC 10 - 12 1 - 3</p> <p>FOOT CARE CLINIC APPT. ONLY</p> <p>STRETCH IT 11 - 12</p> <p>BINGO 1.15 - 2.45</p>	<p style="text-align: right;">18</p> <p>COFFEE CLUB 10 - 11</p> <p>NURSING CLINIC 10 - 12 1 - 3</p> <p>WOMEN'S GROUP 11 - 12</p> <p>ART DROP-IN 1 - 2.30</p> <p>FLASHBACK FRIDAY MOVIE 1 - 3</p>
<p style="text-align: right;">21</p> <p>COFFEE CLUB 10 - 11</p> <p>NURSING CLINIC 10 - 12 1 - 3</p> <p>YOGA: EXPLORING SUN SALUTATION 10 - 11.30</p> <p>MEDITATIVE ART 11 - 12</p> <p>BOOK CLUB 1 - 3</p> <p>SMOKING CESSATION CLINIC 1 - 4</p>	<p style="text-align: right;">22</p> <p>COFFEE CLUB 10 - 11</p> <p>NURSING CLINIC 10 - 12 1 - 3</p> <p>INTRO TO AROMATHERAPY 10.30 - 12</p> <p>MINDFULNESS MEDITATION PRACTICE GROUP 10.45</p> <p>MOVIE OUTING DEPART 12.30</p> <p>HARM REDUCTION KIT MAKING 1.15 - 2.30</p> <p>SEEKING SAFETY 2.45 - 3.45</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">DAY HEALTH IS OPEN FOR THE LUNCH PROGRAM</p> <p>BOOKED APPTS.</p> <p>LEGEND'S COFFEE HOUR 1 - 2 (clients 50+)</p>	<p style="text-align: right;">24</p> <p>COFFEE CLUB 10 - 11</p> <p>ART DROP-IN 10 - 12</p> <p>NURSING CLINIC 10 - 12 1 - 3</p> <p>FOOT CARE CLINIC APPT. ONLY</p> <p>STRETCH IT 11 - 12</p> <p>BINGO 1.15 - 2.45</p>	<p style="text-align: right;">25</p> <p>COFFEE CLUB 10 - 11</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>AFTERNOON MOVIE 1 - 3</p>

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<p style="text-align: right;">28</p> <p>COFFEE CLUB 10 - 11</p> <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 style="text-align: right;">29</p> <p>COFFEE CLUB 10 - 11</p> <p>NURSING CLINIC 10 - 12 1 - 3</p> <p>MINDFULNESS MEDITATION PRACTICE GROUP 10.45</p> <p>3D PAPER SCULPTURE 1 - 2.30</p> <p>HARM REDUCTION KIT MAKING 1.15 - 2.30</p> <p>SEEKING SAFETY 2.45 - 3.45</p> <p>INTRO TO AROMATHERAPY 10.30 - 12</p>	<p style="text-align: right;">30</p> <p style="text-align: center;"> DAY HEALTH IS OPEN FOR THE LUNCH PROGRAM </p> <p style="text-align: center;"> AND </p> <p style="text-align: center;"> BOOKED APPTS. ONLY </p>	<p style="text-align: right;">31</p> <p>COFFEE CLUB 10 - 11</p> <p>ART DROP-IN 10 - 12</p> <p>NURSING CLINIC 10 - 12 1 - 3</p> <p>FOOT CARE CLINIC APPT. ONLY</p> <p>STRETCH IT 11 - 12</p> <p>BINGO 1.15 - 2.45</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 to end your week off.

An Introduction to Aromatherapy: Aromatherapy is the practice of using natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance one's personal psychological & physical well-being. The workshop will run for 4 (four) weeks. Tuesdays, January 8, 15, 22 & 29. Group attendance is limited to 12 participants. Contact Brian, ext. 2025 if you have any questions.

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.

Book Club: Expand your knowledge of various books & discuss themes, writing styles & points of interest. RSVP to Lexie, ext. 2021.

Coffee Club: Start your day off with a coffee, conversation & the morning news.

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 Ryan, ext. 2020.

Mindfulness Meditation Practice Group: Join this weekly meditation group to practice your Mindfulness Meditation skills through facilitated meditations. Please arrive promptly at 10:30am.

Movie Outing: Come see a movie with other Casey House clients at the Imagine Theatres at Market Square. Casey House will pay for admission. Please RSVP with Ryan, ext. 2020.

Podcast Information Session: Casey House is producing a 6 episode pilot podcast. In this session we will have themes identified based on client feedback & will discuss next steps. 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.

Stretch It: Join us for an hour of gentle range of motion movements with light stretching, followed by general self-care tips & conversation.

The Legend's Coffee Hour: Join a volunteer facilitator & a Recreation Therapist for a coffee & light conversation with like-minded individuals. For Casey House clients who are 50 years of age or older. RSVP is required and space is limited. Please RSVP with Ryan, ext. 2020.

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.