



Casey House Day Health Program Activities - June 2019

MONDAY Lunch 12 - 1	TUESDAY Lunch 12 - 1	WED. Lunch 12-1	THURSDAY Lunch 12 - 1	FRIDAY Lunch 12 - 1
3	4	5	6	7
Nursing Clinic 10 - 12; 1 - 3 Yoga 10 - 11:30 Meditative Art 11 - 12 Book Club 1 - 2 Smoking Cessation Clinic 1 - 4 Gay Men's Discussion Group 1:30 - 3	Nursing Clinic 10 - 12; 1 - 3 Mindfulness Meditation Practice Group 10:45 Art Drop-in 1:15 - 2:45	OPEN FOR Lunch BOOKED Appointments & Social Community Conversations 4 – 6pm	Art Drop-in 10 - 12 Nursing Clinic 10 - 12; 1 - 3 Foot Care Clinic by appt. only Bingo 1:15 - 2:15	Stretch It 10 - 11 Harm Reduction Kit Making 10 - 11:15 Nursing Clinic 10 - 12; 1 - 3 Women's Group 11 - 12 Art Drop-in 1 - 2.30 Music Group 1:15 - 2:15
10	11	12	13	14
Nursing Clinic 10 - 12; 1 - 3 Yoga 10 - 11:30 Meditative Art 11 - 12 Book Club 1 - 2 What's for Dinner Cooking Group 1 - 3 Gay Men's Discussion Group 1:30 – 3 Diabetes Workshop 1:30 – 2.30	Nursing Clinic 10 - 12; 1 - 3 Mindfulness Meditation Practice Group 10:45 Art Drop-in 1:15 - 2:45	OPEN FOR Lunch BOOKED Appointments Legend's Coffee Hour 1 - 2 (age 50+) & Social Community Conversations 4 – 6pm	Art Drop-in 10 - 12 Nursing Clinic 10 - 12; 1 - 3 Foot Care Clinic by appt. only Afternoon Movie 1:15	Stretch It 10 - 11 Harm Reduction Kit Making 10 - 11:15 Nursing Clinic 10 - 12; 1 - 3 Women's Group 11 - 12 Music Group 1:15 - 2:15
17	18	19	20	21
Nursing Clinic 10 - 12; 1 - 3 Yoga 10 - 11:30 Meditative Art 11 - 12 Book Club 1 - 2 What's for Dinner Cooking Group 1 - 3 Gay Men's Discussion Group 1:30 - 3	Nursing Clinic 10 - 12; 1 - 3 Mindfulness Meditation Practice Group 10:45 Movie Outing depart 12:45	OPEN FOR Lunch BOOKED Appointments	Art Drop-in 10 - 12 Nursing Clinic 10 - 12; 1 - 3 Foot Care Clinic by appt. only Bingo 1:15 - 2:15	Stretch It 10 - 11 Harm Reduction Kit Making 10 - 11:15 Nursing Clinic 10 - 12; 1 - 3 Women's Group 11 - 12
24	25	26	27	28
Nursing Clinic 10 - 12; 1 - 3 Yoga 10 - 11:30 Meditative Art 11 - 12 Self-Care on a Budget 11 - 12 Book Club 1 - 2 Smoking Cessation Clinic 1 - 4 Gay Men's Discussion Group 1:30 - 3	Nursing Clinic 10 - 12; 1 - 3 Mindfulness Meditation Practice Group 10:45 Art Drop-in 1:15 - 2:45	OPEN FOR Lunch BOOKED Appointments	Art Drop-in 10 - 12 Nursing Clinic 10 - 12; 1 - 3 Foot Care Clinic by appt. only Afternoon Movie 1:15	Stretch It 10 - 11 Harm Reduction Kit Making 10 - 11:15 Nursing Clinic 10 - 12; 1 - 3 Women's Group 11 - 12 Music Group 1:15 - 2:15

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 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.

BOOK CLUB: Expand your knowledge of various books & discuss themes, writing styles & points of interest. Please RSVP with Lexie, ext. 2021.

GAY MEN'S DISCUSSION GROUP: This group aims to provide a safer environment for gay & bisexual men to network & share experiences that are important to them, & to promote a healthier lifestyle. This group will be facilitated by Brian Clelland, Richard Utama, & Ryan Wannamaker. Please contact Richard, ext. 2018 to register.

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.

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. Casey House will pay for admission. RSVP 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.

SEEKING SAFETY: Make an appointment with Jennifer, ext. 2015 to discuss life experiences, substance use & safe coping skills.

SELF-CARE ON a BUDGET: In this workshop, you will learn how to make natural, cost effective & environmentally friendly products for your home & personal care. This group is limited to 10 people. RSVP 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, Certified Tobacco Educator, 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.

SOCIAL COMMUNITY CONVERSATIONS: A new program that Casey House hopes to start in September 2019. The concept is to establish a space for Casey House clients who have successfully used clinical services, to connect, build their connections & independence. We are inviting folks currently using our program to provide us with their valuable insights into the new program. Please visit or call Reception to register. Meet in the Community Space, Room 152.

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 & Recreation Therapist for a coffee & light conversation with like-minded individuals. For Casey House clients 50+.

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. June's menu is beef-stuffed green peppers, chopped Italian salad, & blueberry bars. 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; topics & activities 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. 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.