



## Casey House Day Health Program Activities - March 2019

MONDAY Lunch 12 - 1	TUESDAY Lunch 12 - 1	WED.	THURSDAY Lunch 12 - 1	FRIDAY Lunch 12 - 1
				1
				<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Women's Group</b> 11 - 12  <b>Music Group</b> 1:15 - 2:15
4	5	6	7	8
<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Yoga</b> 10 - 11:30  <b>Meditative Art</b> 11 - 12  <b>Book Club</b> 1 - 3  <b>Smoking Cessation Clinic</b> 1 - 4  <b>Gay Men's Discussion Group</b> 1:30 - 3	<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Mindfulness Meditation Practice Group</b> 10:45  <b>Intro to Ecotherapy</b> 1 - 2:30  <b>Diabetes Workshop</b> 1:15 - 2:15  <b>Harm Reduction Kit Making</b> 1:15 - 2:30  <b>Art Drop-in</b> 1:15 - 2:45  <b>Seeking Safety</b> 2:45 - 3:45	<b>OPEN FOR Lunch 12 - 1</b>  <b>and</b>  <b>Booked Appointments Only</b>	<b>Art Drop-in</b> 10 - 12  <b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Foot Care Clinic</b> by apt. only  <b>Stretch It</b> 11 - 12  <b>Afternoon Movie</b> 1:15	<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Women's Group</b> 11 - 12  <b>Art Drop-in</b> 1 - 2:30  <b>Music Group</b> 1:15 - 2:15
11	12	13	14	15
<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Yoga</b> 10 - 11:30  <b>Meditative Art</b> 11 - 12  <b>Book Club</b> 1 - 2  <b>What's for Dinner Cooking Group</b> 1 - 3  <b>Gay Men's Discussion Group</b> 1:30 - 3	<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Mindfulness Medication Practice Group</b> 10:45  <b>Intro to Ecotherapy</b> 1 - 2:30  <b>Harm Reduction Kit Making</b> 1:15 - 2:30  <b>Art Drop-in</b> 1:15 - 2:45  <b>Seeking Safety</b> 2:45 - 3:45	<b>OPEN FOR Lunch 12 - 1,</b>  <b>Booked Appointments,</b>  <b>Legend's Coffee Hour 1 - 2 (age 50+)</b>	<b>Art Drop-in</b> 10 - 12  <b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Foot Care Clinic</b> by apt. only  <b>Stretch It</b> 11 - 12  <b>Bingo</b> 1:15 - 2:15	<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Women's Group</b> 11 - 12  <b>Art Drop-in</b> 1 - 2:30  <b>Music Group</b> 1:15 - 2:15
18	19	20	21	22
<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Yoga</b> 10 - 11:30  <b>Meditative Art</b> 11 - 12  <b>Book Club</b> 1 - 2  <b>Smoking Cessation Clinic</b> 1 - 4  <b>Gay Men's Discussion Group</b> 1:30 - 3	<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Mindfulness Meditation Practice Group</b> 10:45  <b>Movie Outing</b> depart 12:45  <b>Intro to Ecotherapy</b> 1 - 2:30  <b>Harm Reduction Kit Making</b> 1:15 - 2:30  <b>Seeking Safety</b> 2:45 - 3:45	<b>OPEN FOR Lunch 12 - 1,</b>  <b>Booked Appointments,</b>  <b>and</b>  <b>Podcast Meeting 1:15 - 2:45</b>	<b>Art Drop-in</b> 10 - 12  <b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Foot Care Clinic</b> by apt. only  <b>Stretch It</b> 11 - 12  <b>Afternoon Movie</b> 1:15	<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Women's Group</b> 11 - 12  <b>Art Drop-in</b> 1 - 2:30  <b>Music Group</b> 1:15 - 2:15
25	26	27	28	29
<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Yoga</b> 10 - 11:30  <b>Meditative Art</b> 11 - 12  <b>Self-Care on a Budget</b> 11 - 12  <b>Book Club</b> 1 - 2  <b>What's for Dinner Cooking Group</b> 1 - 3  <b>Gay Men's Discussion Group</b> 1:30 - 3	<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Mindfulness Meditation Practice Group</b> 10:45  <b>Intro to Ecotherapy</b> 1 - 2:30  <b>Harm Reduction Kit Making</b> 1:15 - 2:30  <b>Art Drop-in</b> 1:15 - 2:45  <b>Seeking Safety</b> 2:45 - 3:45	<b>OPEN FOR Lunch 12 - 1,</b>  <b>Booked Appointments,</b>  <b>and</b>  <b>Podcast Meeting 1:15 - 2:45</b>	<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Foot Care Clinic</b> by apt. only  <b>Art Drop-in</b> 10 - 12  <b>Stretch It</b> 11 - 12  <b>Bingo</b> 1:15 - 2:15	<b>Nursing Clinic</b> 10 - 12; 1 - 3  <b>Women's Group</b> 11 - 12  <b>Art Drop-in</b> 1 - 2:30  <b>Music Group</b> 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 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.

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

**DIABETES: PREVENTION & MANAGEMENT FOCUS GROUP:** Are you living with diabetes? Are you interested in learning about ways to prevent diabetes? Diabetes Educators from Sherbourne Health will discuss developing a new program to be held at Casey House. This is an open group. Please RSVP with **Jamie, ext. 2026** or **Shona, ext. 2024**.

**GAY MEN'S DISCUSSION GROUP:** A 6 week group for gay/bisexual/other men who have sex with men to share issues & experiences that are important to them. To register or for more information, please contact **Richard, ext. 2018**, **Ryan, ext. 2014**, or **Brian, ext. 2025**.

**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.

**INTRODUCTION TO ECOTHERAPY:** Join us to explore how you can use the natural environment to help reduce stress & improve coping. Contact **Katie ext. 2013** if you are interested in participating in this 6 week group, registration is required. Start date is March 5<sup>th</sup>.

**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. 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 PLANNING MEETING:** Join us to share your thoughts and personal stories as we move forward in producing our 6 episode pilot podcast.

**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 & 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, **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.

**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 +.

**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. March'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.