







Casey House Day Health Program Activities - MARCH 2020

Monday Lunch 12 - 1	Tuesday Lunch 12 - 1	Wednesday Lunch 12 - 1	Thursday Lunch 12 - 1	Friday Lunch 12 - 1
2	3	4	5	6
<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Yoga* 10:15 - 11:45</p> <p>Meditative Art* 11 - 12</p> <p>Book Club* 1 - 2</p> <p>Harm Reduction Kit Making* 1:15 - 2:30</p> <p>Gay Men's Discussion Group* 2 - 3:30</p>	<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Restorative Movement* 10 - 11:30</p> <p>Diabetes Workshop* 1 - 3</p> <p>Art Drop-In* 1:15 - 2:30</p> <p>Stretch it* 2 - 3</p>	<p>DAY HEALTH PROGRAM IS OPEN FOR</p> <p>Booked Appointments</p> <p>Self Care & Wellness* 11 - 12</p> <p>Lunch</p> <p>1:00 listen to Episode 6</p> <p> Living Positively with HIV in our podcast series, 'Positively Speaking'</p> <p>Seeking Safety Group* 1:30 - 2:30</p>	<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Foot Care Clinic by appt. only</p> <p>Art Drop-In 10:30 - 12</p> <p>What's for Dinner Cooking Group 1 - 3</p> <p>Afternoon Movie* 1:15</p>	<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Stretch It* 10 - 11</p> <p>Music Therapy* 10:30 - 11:30</p> <p>Music Group* 1:15 - 2:15</p>
9	10	11	12	13
<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Yoga* 10:15 - 11:45</p> <p>Meditative Art* 11 - 12</p> <p>Book Club* 1 - 2</p> <p>Harm Reduction Kit Making* 1:15 - 2:30</p> <p>Gay Men's Discussion Group* 2 - 3:30</p>	<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Restorative Movement* 10 - 11:30</p> <p>Healthy Changes Group* 1:15 - 2:30</p> <p>AGO Outing* depart 1:15</p> <p>Stretch It* 2 - 3</p>	<p>DAY HEALTH PROGRAM IS OPEN FOR</p> <p>Booked Appointments</p> <p>Bingo* 1:15</p> <p>☆ Season 2 Info Session</p> <p> Seeking Safety Group* 1:30 - 2:30</p>	<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Foot Care Clinic by appt. only</p> <p>Art Drop-In 10:30 - 12</p> <p> Haircuts 1 - 3:30</p> <p>Music Group* 1:15 - 2:15</p>	<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Stretch It* 10 - 11</p> <p>Music Therapy* 10:30 - 11:30</p> <p>Healthy Changes Rec Group* 1:15 - 2:30</p>

* Activities are open to day health and inpatient clients.



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Monday Lunch 12 - 1	Tuesday Lunch 12 - 1	Wednesday Lunch 12 - 1	Thursday Lunch 12 - 1	Friday Lunch 12 - 1
16	17	18	19	20
Nursing Clinic 10 - 12; 1 - 3 Yoga* 10:15 - 11:45 Meditative Art* 11 - 12 Book Club* 1 - 2 Harm Reduction Kit Making* 1:15 - 2:30 Gay Men's Discussion Group* 2 - 3:30	Nursing Clinic 10 - 12; 1 - 3 Restorative Movement* 10 - 11:30 Art Drop-in* 1:15 - 2:30 Healthy Changes Group* 1:15 - 2:30 Stretch It* 2 - 3	DAY HEALTH PROGRAM IS OPEN FOR Self Care & Wellness* 11 - 12 Lunch Booked appointments Seeking Safety Group* 1:30 - 2:30 ☆ Musical Musings* Performance by Well Seasoned Productions 2 - 3 ● Not to be missed! ●	Nursing Clinic 10 - 12; 1 - 3 Foot Care Clinic by appt. only Art Drop-in 10:30 - 12 What's for Dinner Cooking Group 1 - 3 Music Group* 1:15 - 2:15	Nursing Clinic 10 - 12; 1 - 3 Stretch It* 10 - 11 Music Therapy* 10:30 - 11:30 Healthy Changes Rec Group* 1:15 - 2:30
23	24	25	26	27
Nursing Clinic 10 - 12; 1 - 3 Yoga 10:15 - 11:45* Meditative Art* 11 - 12 Book Club 1 - 2* Harm Reduction Kit Making* 1:15 - 2:30 Gay Men's Discussion Group* 2 - 3:30	Nursing Clinic 10 - 12; 1 - 3 Restorative Movement* 10 - 11:30 Intro to Ecotherapy 1 - 2:30 Art Drop-in* 1:15 - 2:30 Healthy Changes Group* 1:15 - 2:30 Stretch It* 2 - 3	Lunch Booked Appointments Seeking Safety Group* 1:30 - 2:30 DanceRcise (Zumba)* 1:30 - 2:30	Nursing Clinic 10 - 12; 1 - 3 Foot Care Clinic by appt. only Art Drop-in 10:30 - 12  Haircuts 1 - 3:30 Music Group* 1:15 - 2:15	Nursing Clinic 10 - 12; 1 - 3 Stretch It* 10 - 11 Music Therapy* 10:30 - 11:30 Naloxone Training* 1 - 1:30 Healthy Changes Rec Group* 1:15 - 2:30
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Casey House Day Health Program Activities - MARCH 2020

Monday Lunch 12 - 1	Tuesday Lunch 12 - 1
30	31
Nursing Clinic 10 - 12; 1 - 3	Nursing Clinic 10 - 12; 1 - 3
Yoga* 10:15 - 11:45	Restorative Movement* 10 - 11:30
Meditative Art* 11 - 12	Intro to Ecotherapy 1 - 2:30
Book Club 1 - 2*	Art Drop-in* 1:15 - 2:30
Harm Reduction Kit Making* 1:15 - 2:30	Healthy Changes Group* 1:15 - 2:30
Gay Men's Discussion Group* 2 - 3:30	Stretch It* 2 - 3

3 WEEKS UNTIL
SPRING



* Activities are open to day health and inpatient clients.

To register or for further information, call 416-962-4040 & the extension # indicated below.

***AFTERNOON MOVIE:** Join us for pop & chips & a mix of old & new releases shown in the 1st fl. activity 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:** Keep your brain active by reading a great book & joining us to discuss themes, writing styles, & points of interest. Please **RSVP with Lexie, ext. 2021.**

***DIABETES WORKSHOP:** Join us for a discussion on Nutrition and Mental Health facilitated by a Nurse and Dietician from Sherbourne Health (with specialties in diabetes education). RSVP to **Shona, ext. 2024** or **Jamie, ext. 2026.**

HAIRCUTS: Our volunteer, **James**, will be providing haircuts on March 12th and 26th. James has offered similar services at PWA & Fife House. **Sign-up is only on those days** at which time you'll receive your haircut ticket to ensure your appointment.

***HARM REDUCTION KIT MAKING:** Discuss harm reduction, safer drug use & sexuality with Casey House clinicians and co-clients while making kits to support safer substance use. Tokens provided.

***HEALTHY CHANGES GROUP:** This is a 6 week group to explore your personal goals. People who use drugs and/or alcohol will come to this group & be supported to identify goals they feel are important for them. Your goals may, or may not, be linked to substance use. A brief assessment is needed before joining. Contact **Bill, ext. 2017**, **Casey, ext. 2040**, **Kendall, ext. 2022** or **Lexi, ext. 2021** for more information.

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, registration is required.

***MEDITATIVE ART:** Join us in a quiet, calm & relaxing environment & practice easy to learn creative arts that are meditative through their repetitive nature. Examples are mandalas, zentangles, line art, & freehand doodling. **Lexie, ext. 2021.**

***MOVIE OUTING:** Come see a movie with other Casey House clients at the Carlton Cinema. Casey House will pay for admission. Limited spots available so please **RSVP with Lexie, ext. 2021.**

***MUSIC GROUP:** Join us to promote motor skills, self-confidence, & a 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.**

***MUSIC THERAPY:** Join Music Therapist, **Dan**, for a group session where participants have common goals supported through analyzing lyrics, playing music, discussion, & more. This is a drop-in group, all are welcome.

***MUSICAL MUSINGS:** By **Well Seasoned Productions:** Our one-hour concert offers a selection of Canadian musical theatre, Broadway, familiar tunes that will set toes tappin', hands clappin' & audience sing-a-longs. This group of professionals are award-winning singers, dancers, actors, & musicians who have trod the boards of Stratford, Broadway, Mirvish, Kennedy Centre, Shaw & Disney; lit up stage, film & TV; toured from sea to sea; AND happen to be on the better side of 50. <http://www.wellseasonedproductions.ca/>

***NALOXONE TRAINING:** Please join us if you are interested in being trained to administer naloxone to temporarily reverse an opioid overdose. You will learn to recognize signs & symptoms of an opioid overdose, how to respond to an opioid overdose & how to administer naloxone. Any questions, call **Katie, ext. 2013.**

***RESTORATIVE MOVEMENT:** Gentle restorative movement combined with breathing & meditation. Improve balance & range of motion while enhancing your mind/body connection. Arrive promptly at **10:00.**

***SELF CARE AND WELLNESS:** Join us for **Wellness Wednesdays** when we discuss physical, emotional, social, occupational, intellectual, financial, environmental and spiritual wellness. Learn how to make your care plan.

***SEEKING SAFETY:** Discuss life experiences, substance use & safe coping skills. **Jennifer, ext. 2015** if questions.

***STRETCH IT:** Join us for an hour of gentle range of motion movements with light stretching, followed by general self-care tips & conversation. Contact **Katie, ext. 2013**, **Jamie, ext. 2026** or **Brian, ext. 2025.**

WHAT'S FOR DINNER COOKING GROUP: Cook with others to create a large-batch meal. Take a portion home with you to enjoy! **RSVP with Lexie, ext. 2021.**

***YOGA: EXPLORING SUN SALUTATION:** Learn the basics of simplified sun salutation & explore standing poses, lunge, dog pose, & forward bends.