



Casey House Day Health Program Activities - May 2019

MONDAY Lunch 12 - 1	TUESDAY Lunch 12 - 1	WED. Lunch 12-1	THURSDAY Lunch 12 - 1	FRIDAY Lunch 12 - 1
6	7	8	9	10
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 Art Drop-in 1:15 - 2:45 Seeking Safety 2:45 - 3:45	OPEN FOR Lunch and 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
13	14	15	16	17
Nursing Clinic 10 - 12; 1 - 3 Yoga 10 - 11:30 Gay Men's Discussion Group 1:30 - 3	Nursing Clinic 10 - 12; 1 - 3 Mindfulness Medication Practice Group 10:45 Seeking Safety 2:45 - 3:45	OPEN FOR Lunch BOOKED Appointments Legend's Coffee Hour 1 - 2 (age 50+)	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
20	21	22	23	24
CASEY HOUSE IS CLOSED TODAY	Nursing Clinic 10 - 12; 1 - 3 Mindfulness Meditation Practice Group 10:45 Movie Outing depart 12:45 Seeking Safety 2:45 - 3:45	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 Art Drop-in 1 - 2:30 Music Group 1:15 - 2:15
27	28	29	30	31
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 What's for Dinner Cooking Group 1 - 3 Gay Men's Discussion Group 1:30 - 3	Nursing Clinic 10 - 12; 1 - 3 Mindfulness Medication Practice Group 10:45 Art Drop-in 1:15 - 2:45 Seeking Safety 2:45 - 3:45	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 Art Drop-in 1 - 2:30 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 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**.

GAY MEN'S DISCUSSION GROUP: This group aims to provide a safer environment for gay & bisexual men to network and 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. 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**.

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 **Shona, ext. 2024**.

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. May's menu is butternut squash bisque, cucumber quinoa salad, & beef meatballs. 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.