



Casey House Day Health Program Activities - Sept. 2019

Monday Lunch 12 - 1	Tuesday Lunch 12 - 1	Wed. Lunch 12 - 1	Thursday Lunch 12 - 1	Friday Lunch 12 - 1		
2	3	4	5	6		
<p>Casey House is closed today</p>	<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Mindful Movement 10 - 10:45</p> <p>Open Studio Art Therapy Group 10:30 - 12</p> <p>Life Skills Workshop 11 - 11:45</p> <p>Intro to Ecotherapy 1 - 2:30</p> <p>Art Drop-in 1:15 - 2:45</p> <p>Living with HIV & Memory Changes 1 - 2:30</p>	<p>LUNCH & BOOKED APPTS. ONLY</p>	<p>Art Drop-in 10:30 - 12</p> <p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Foot Care Clinic by appt. only</p> <p>Mindfulness Based Art Therapy 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>Women's Group 11 - 12</p> <p>Art Drop-in 1 - 2:30</p> <p>Music Group 1:15 - 2:15</p>		
	9		10	11	12	
	<p>Nursing Clinic 10-12; 1-3</p> <p>Yoga 10 - 11:30</p> <p>Meditative Art 11 - 12</p> <p>Book Club 1 - 2</p> <p>Harm Reduction Kit Making 1:15 - 2:30</p>		<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Mindful Movement 10 - 10:45</p> <p>Open Studio Art Therapy Group 10:30 - 12</p> <p>Life Skills Workshop 11 - 11:45</p> <p>Intro to Ecotherapy 1 - 2:30</p> <p>Art Drop-in 1:15 - 2:45</p> <p>Living with HIV & Memory Changes 1 - 2:30</p>	<p>LUNCH & BOOKED APPTS. ONLY.</p>	<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Foot Care Clinic by appt. only</p> <p>Mindfulness Based Art Therapy Group 1 - 3</p> <p>Bingo 1:15 2:15</p>	<p>Nursing Clinic 10 - 12; 1 - 3</p> <p>Stretch It 10 - 11</p> <p>Women's Group 11 - 12</p> <p>Music Group 1:15 - 2:15</p>
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Monday Lunch 12 - 1	Tuesday Lunch 12 - 1	Wed. Lunch 12-1	Thursday Lunch 12 - 1	Friday Lunch 12 - 1
16	17	18	19	20
Nursing Clinic 10-12; 1-3 Yoga 10 - 11:30 Meditative Art 11 – 12 Book Club 1 – 2 Harm Reduction Kit Making 1:15 – 2:30	Nursing Clinic 10 - 12; 1 - 3 Mindful Movement 10 – 10:45 Open Studio Art Therapy Group 10:30 - 12 Life Skills Workshop 11 – 11:45 Movie Outing – depart 12:45 Intro to Ecotherapy 1 – 2:30 Living with HIV & Memory Changes 1 – 2:30 Art Drop-in 1:15 - 2:45	LUNCH BOOKED APPTS. and LEGEND’S COFFEE HOUR 1 – 2 (AGE 50+)	Art Drop-in 10:30 - 12 Nursing Clinic 10-12; 1-3 Foot Care Clinic by appt. only Mindfulness Based Art Therapy Group 1 – 3 What’s for Dinner Cooking Group 1 - 3 Afternoon Movie 1:15	Nursing Clinic 10 - 12; 1 – 3 Stretch It 10 - 11 Women's Group 11 – 12 Art Drop-in 1 – 2:30 Music Group 1:15 - 2:15
23	24	25	26	27
Nursing Clinic 10-12; 1-3 Yoga 10 - 11:30 Meditative Art 11 - 12 Book Club 1 - 2 Harm Reduction Kit Making 1:15 – 2:30	Nursing Clinic 10 - 12; 1 - 3 Mindful Movement 10 – 10:45 Open Studio Art Therapy Group 10:30 - 12 Life Skills Workshop 11 – 11:45 Art Drop-in 1:15 – 2:45	LUNCH & BOOKED APPTS. ONLY	Nursing Clinic 10-12; 1-3 Foot Care Clinic by appt. only Art Drop-in 10:30 – 12 Mindfulness Based Art Therapy Group 1 – 3 Bingo 1:15 – 2:15	Nursing Clinic 10 - 12; 1 – 3 Music Based Art Therapy Group 10 - 11 Stretch It 10 - 11 Women's Group 11 – 12 Art Workshop 1 – 2:30 Music Group 1:15 – 2:15
30				
Nursing Clinic 10-12; 1-3 Yoga 10 – 11:30 Self-Care on a Budget 11 – 12 Meditative Art 11-12 Book Club 1 - 2				

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

AFTERNOON MOVIE: Join us for a mix of new and release movies 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.

ART WORKSHOP: Expand your creative art skills, feel inspired, & boost your esteem through a guided activity in our beautiful art studio.

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.**

HARM REDUCTION KIT MAKING: Discuss harm reduction, safer drug use & sexuality with Casey House clinicians & peers while making kits to support safer substance use. 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, registration is required.

LIFE SKILLS WORKSHOP: Want to learn more about topics such as computer skills, effective communication, money management, & sleep hygiene? A different topic will be covered each month. **Jamie, ext. 2026.**

LIVING WELL WITH MEMORY CHANGES & HIV: This is a 5-week workshop series for people experiencing memory changes & living with HIV. To register, please contact **Richard, ext. 2018** or **Maya, ext. 2027.**

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 of these type of arts are mandalas, zentangles, line art, & freehand doodling. Any additional questions, please call **Lexie, ext. 2021.**

MINDFUL MOVEMENT: This weekly group will practice Mindfulness combined with gentle movement. Improve balance & range of motion while enhancing your mind/body connection. Please arrive promptly at 10.

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.**

OPEN STUDIO ART THERAPY GROUP: Contact **Shaina, ext. 2033.**

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. Limited to 10 people. **RSVP Shona, ext. 2024.**

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** or **Jamie, ext. 2026.**

THE LEGEND'S COFFEE HOUR: Join a volunteer facilitator & Recreation Therapist for coffee & light conversation with like-minded individuals. For Casey House clients who are 50 years of age or older.

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. **RSVP with Lexie, ext. 2021** or **Gwen, 2020.**

WOMEN'S GROUP: An ongoing weekly group with topics & activities that focus on women's overall emotional & physical health & well-being. Feel free to drop in whenever you can. Questions, please call **Lexie, ext. 2021.**

YOGA: EXPLORING SUN SALUTATION: Come learn the basics of simplified sun salutation which will explore standing poses, lunge, dog pose, & forward bends.