




March 2010: Recovery Program - Living Room Activity Schedule

HSBC Tower, Suite 710, 3601 Highway #7 East, Markham

| MONDAY 11:30 – 3:30 | TUESDAY 11:30 – 3:30 | THURSDAY 11:30 – 3:30 | EVERY THURSDAY EVENING | FRIDAY 11:30 – 3:30 |
|---|---|---|--|--|
| 1 <u>A day planned, organized, and run by members.</u> 12:00pm - French/Basic computer 1:00pm - Movie Day 2:00pm – Poetry Workshop with Mel | 2 10:00am-12:00pm - Expressive Art Therapy (Closed Group) 1:30pm - Women's Group 2:00pm – Positive Affirmations | 4 11:00am-1:00pm - Art Therapy (Open Group) 11:45am - Coffee & Connecting 1:30pm- Craft with Dayle | 7:30 –9:30 Support For Depression | 5 11:30am-12:30pm - YMCA 1:00pm – Life Skills with Ann 3:00pm – Winter Walk 2:00pm – Mindfulness (Closed Group) |
| 8 <u>A day planned, organized, and run by members.</u> 12:00pm - French/Basic computer 1:00pm - Movie Day 2:00pm – Healthy Eating with Jane Manly | 9 Program and Office Closed | 11 11:00am-1:00pm - Art Therapy (Open Group) 1:30pm – Relaxation Skills 2:30pm – Community Walk Positive Journaling | 7:30 –9:30 Support For Depression | 12 12:00pm – Potluck – Green Food 1:30pm – Knitting dishtowels with Nancy 2:00pm – Mindfulness (Closed Group) 3:00pm - Walk |
| 15 <u>A day planned, organized, and run by members.</u> 12:00pm - French/Basic computer 1:00pm - Movie Day 2:00pm – Poetry Workshop with Mel | 16 10:00am-12:00pm - Expressive Art Therapy (Closed Group) 12:30pm - YMCA Tour & Workout 2:30pm – Women's Group – Affirmations | 18 10:30am-1:00pm - Art Therapy (Open Group) 11:45am - Coffee & Connecting 1:00pm – Tai Chi with Jim 3:00pm – Sewing with Nancy | 7:30 –9:30 Support For Depression | 19 11:30am-1:00pm - YMCA 1:00pm – Spirituality with Don 2:30pm – Program Social & Education Planning Meeting 2:00pm – Mindfulness (Closed Group) |
| 22 <u>A day planned, organized, and run by members.</u> 12:00pm - French/Basic computer 1:00pm - Movie Day 2:00pm – Poetry Workshop with Mel | 23 10:00am-12:00pm - Expressive Art Therapy (Closed Group) 1:30pm - Women's Group 2:30pm – Community Walk | 25 10:30am-1:00pm - Art Therapy (Open Group) 1:00pm-4:00pm - Living Room Focus Group | 7:30 –9:30 Support For Depression | 26 11:30am-1:00pm - YMCA 2:00pm – CBT (Closed Group) 3:00pm - Walk |
| 29 <u>A day planned, organized, and run by members.</u> 12:00pm - French/Basic computer 1:00pm - Movie Day 2:00pm – Poetry Workshop with Mel | 30 10:00am-12:00pm - Expressive Art Therapy (Closed Group) 1:30pm - Women's Group 2:30pm – Community Walk |  | 7:30 –9:30 Support For Depression | Staff Contact Information: 905-853-8477 / 1-866-208-5509 Lyndsey ext 4234 Cathy ext 4269 |