




# 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 <b>Program and Office Closed</b>	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