



Mind Brain Injury
Services
Forward

CENTRAL WEST DAY SERVICES CALENDAR WINTER 2025

January - March



WELCOME TO WINTER!

We are excited to present the Winter Calendar, designed to provide engaging activities and support for our participants as the season changes.

These activities are designed to empower you through direct interaction, fostering skill development, improving motor functions, enhancing cognitive abilities, and promoting overall well-being. Whether you're working on coordination, memory, strength, or social connection, each activity is an important step toward progress.

We encourage you to approach each session with patience, perseverance, and an open heart. Remember, every action you take—no matter how small—moves you forward on your recovery journey.

If you have any questions or concerns, please do not hesitate to reach out. You are not alone in this process; we are here with you, every step of the way.

Warm regards,
Ashley Chapman
Day Program Group Leader Central West

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Virtual Group Descriptions



How to Register

Registration forms are now digital and can be accessed by going to this website:

<https://www.cognitoforms.com/PHDABIS1/MindForwardWinterCalendarJanApr2025>

Contact your Case Manager or a member of the Day Services team for registration support.

Payment Process

1. Complete the registration form for any groups that include a fee.
1. Once complete, you will receive a copy of the form via email that includes the total owed.
1. Speak to a Day Services team member for payment options. If you require financial accommodations, contact to your Case Manager or the Day Services Group Leader.



CENTRAL WEST IN-PERSON GROUP SCHEDULE

WINTER 2025

	MONDAY		TUESDAY		WEDNESDAY		FRIDAY	
9:00								
10:00								
11:00	Walking Group 10:30 - 12:00		Tea and Chat 10:30 - 12:00	Men's Group 10:30–12:00	Queen's Social 10:30–12:00		Mall Walkers 11:00 - 2:00 Bramalea City Centre	
12:00								
1:00	Games Group 12:30–3:00	Men's Group 1:30–3:00	Games Group 1:00 - 3:00					
2:00								
3:00								
4:00								



GROUP DESCRIPTIONS

Walking Group

Alder Walking Track - 275 Alder St, Orangeville

Participants will engage in a walking group to promote health and stay active during the winter months. This group promotes warm-up exercises, stretching, strength training, and light cardio. All exercises are geared towards the participants individual abilities.

Games Group

275 Alder St, Orangeville Room 1

529 Main St N, Brampton

This group is for those who enjoy board and card games. From classic favorites to modern gems, our program will cater to a diverse set of interests and playing styles. Prospective games includes Monopoly, Snakes and Ladders, Dominoes, Pictionary and more!

Tea and Chat

529 Main St N, Brampton

Come join us each week at the Brampton Office. As a group we will socialize and discuss local events, current news and happenings around the world.



GROUP DESCRIPTIONS

Queen's Social

**529 Main St N, Brampton and Community
Strong Queens Unite**

This group is all about connecting women within our local community and creating a supportive, empowering space for everyone. We offer a variety of activities designed to spark new experiences, build meaningful friendships, and create lasting memories. Whether you're looking to try something new or simply meet like-minded women, we invite you to join us and be a part of this vibrant, inclusive group.

Mall Walkers

**Bramalea City Centre
25 Peel Centre Drive, Brampton**

Join your Mind Forward peers for healthy, active living. Whether you're window shopping, running errands, or simply hanging out for a late lunch or early dinner, it's a great way to get out and stay active. Each week, our group will meet at Bramalea City Centre, with a designated meet-up point shared by staff. Come out for some fun and social connection!



Wednesday Brampton Group WINTER 2025

Brampton Queen's Social Itinerary

Date	Activity
January 8th 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
January 15th 11:30am - 2:00pm	Lunch Out – Chucks 2 Kennedy Rd S, Brampton, ON Cost: Pay as you go
January 22nd 10:30am – 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
January 29th 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
February 5th 10:30am - 12:00pm	Women's Group (Psychosocial) We Can Do It Fitness! 529 Main Street North, Brampton
February 12th 11:30am - 2:00pm	Lunch out – Red Lobster 368 Queen St E, Brampton Cost: Pay as you go



Wednesday Brampton Group WINTER 2025

Brampton Queen's Social Itinerary

Date	Activity
February 19th 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
February 26th 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
March 5th 10:30am - 12:00pm	Women's Group (Psychosocial) We Can Do It Fitness! 529 Main Street North, Brampton
March 12th 11:30am - 2:00pm	Lunch out Brampton - Heritage Fish and Chips 295 Queen St E, Brampton Cost: Pay as you go
March 19th 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
March 26th 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton



Special Events

January 15th	11:30am – 2:00pm	Lunch Out – Chucks 2 Kennedy Rd S, Brampton, ON Cost: Pay as you go
January 20th	12:00pm- 2:00pm	Lunch out Orangeville – Angel's Diner 33 Broadway, Orangeville Cost: Pay as you go
January 21st	Exact time will be determined closer to the date.	Movie out – Silver City Brampton 50 Great Lakes Brampton, ON Cost: \$9.50
January 30th (rain date February 4th)	9:30am - 1:30pm	Island Lake Ice Fishing Island Lake Conservation Area 673067 Hurontario St. Sth Cost: \$27.85
February 12th	11:30am–2:00pm	Lunch out – Red Lobster 368 Queen St E, Brampton Cost: Pay as you go



Special Events
WINTER 2025

Central West Special Events

February 18th	Exact time will be determined closer to the date.	Movie out – Silver City Brampton 50 Great Lakes Brampton, ON Cost: \$9.50
February 24th	12:00pm - 2:00pm	Lunch out Orangeville – Swiss Chalet 93 First St, Orangeville Cost: Pay as you go
March 12th	11:30am - 2:00pm	Lunch out Brampton - Heritage Fish and Chips 295 Queen St E, Brampton Cost: Pay as you go
March 17th	5:00pm - 7:00pm	Dinner out Orangeville – The Hatter 101 First St, Orangeville Cost: Pay as you go
March 18th	Exact time will be determined closer to the date.	Movie out – Silver City Brampton 50 Great Lakes Brampton, ON Cost: \$9.50



VIRTUAL PROGRAM SCHEDULE

WINTER 2025

MONDAY

Weekly Kick-Off	10:00 - 11:00
Brain Teasers	11:00 - 12:00
Positive Vibes	1:00 - 2:00
Mindful Music	2:00 - 3:30

TUESDAY

Jump Start	10:00 - 11:00
Life Kit	11:00 - 12:00
Water Colouring Club	1:30 - 3:30

WEDNESDAY

Science Simplified	10:00 - 11:00
Around the World	11:00 - 12:00
Virtual Games Group	1:00 - 2:00
Clever Cooks	2:00 - 4:00

THURSDAY

Music Heroes	10:00 - 11:00
Discovery	11:00 - 12:00
Drawing with Friends	2:00 - 3:00
Movie Club	3:00 - 4:00

FRIDAY

Social Media	10:30 - 12:00
Afternoon Jumpstart	1:00 - 2:00
Engage with Technology	2:30 - 3:30

**Virtual Group Passcode:
2021**





MONDAY

Monday Morning Kickoff

10:00- 11:00am

Thought provoking discussions on a variety of topics such as current events, pop culture, science and life. This group encourages open-mindedness and respectful exchanges as we explore different perspectives.

Brain Teasers

11:00-12:00pm

Welcome to Brain Teasers Enthusiasts, a vibrant community for puzzle lovers and critical thinkers! Whether you're a seasoned puzzle solver or just starting out, our group is the perfect place to challenge your mind and have fun.

Positive Vibes

1:00- 2:00pm

In this weekly gathering, we'll celebrate inspiring news stories from around the world and share our own personal triumphs, big or small. It's a chance to connect, uplift one another, and embrace the good in life.

Mindful Music

2:00-3:30pm

Mindful music listening can be a wonderful way to reduce stress and reconnect with your body and breath. Each week, participants will choose songs from different genres and the group will listen to these songs and watch the music videos. We will then discuss the feelings and emotions evoked by the music in a safe and inviting environment.



Virtual Program Descriptions WINTER 2025

TUESDAY

Jumpstart

10:00- 11:00am

Welcome to our Virtual Jumpstart Adapted Exercise Group! This inclusive and empowering community is designed to help you achieve your fitness goals, regardless of your abilities or fitness level. Whether you are starting out or looking to adapt your routine to better suit your needs, this group is here to support you every step of the way.

Life Kit

11:00-12:00pm

A group inspired by the popular NPR podcast, where we share tools to navigate life's challenges and opportunities. In each session, we'll explore practical tips, expert advice, and real-life strategies to help you thrive in areas like personal growth, lifeskills, health, and more.

Water Colouring

1:30-3:30pm

Welcome to our Virtual Watercoloring Group! This creative and relaxing community is perfect for anyone who loves to paint with watercolors, whether you're a beginner or an experienced artist. Join us to explore new techniques, share your artwork, and connect with fellow watercolor enthusiasts.



Virtual Program Descriptions WINTER 2025

WEDNESDAY

Science Simplified

10:00- 11:00am

Science Simplified is a place where curious minds come together to explore the wonders of the natural world, unravel complex scientific concepts, and foster a deeper appreciation for the beauty of science. We strive to break down complex ideas into digestible and relatable explanations, ensuring that everyone can participate in and benefit from scientific discussions.

Around The World

11:00-12:00pm

Around the World is an educational journey that takes participants on a global exploration of cultures and traditions. Through interactive sessions and engaging discussions, we dive into the history, geography, arts, languages and customs of different countries and regions.

Virtual Games Group

1:00- 2:00pm

Join our Virtual Games Group for a fun and engaging way to connect with others through online games! Our group offers a variety of games and activities to suit all interests and skill levels.

Clever Cooks

2:00-4:00pm

This vibrant and interactive community is perfect for anyone who loves to cook, experiment with new recipes, and share culinary tips and tricks. Whether you're a seasoned chef or just starting out in the kitchen, our group offers something for everyone.



Virtual Program Descriptions WINTER 2025

THURSDAY

Musicology

10:00- 11:00am

Each session dives into diverse music styles, legendary icons, and pivotal events that have defined the industry. Whether you're a lifelong fan or just discovering new genres, this group is your space to learn, share, and discuss the stories behind the music you love

Discovery

11:00 - 12:00pm

Discovery is a community of learners coming together to explore a wide range of topics. Our group values the exchange of ideas and encourages participants to share their insights and ask questions.

Drawing with Friends

2:00- 3:00pm

Drawing is not just a talent, but a skill than can be developed through practice, guidance and encouragement. In this group, we embrace the joy of drawing and foster a supportive community where everyone can improve their artistic skills in a fun and friendly environment.

Movie Club

3:00-4:00pm

Movies can inspire social change and help us process difficult life lessons. In this group, participants will watch a popular movie on Netflix in the days leading up to the group and come prepared to dissect the film with their peers. Facilitators will lead conversations to explore characters, uncover themes and examine plots.



FRIDAY

Social Media Committee

10:30- 12:00pm

Participants from across the agency will come together to share updates, events and highlights from their programs. In this collaborative space, we'll discuss what's going on at Mind Forward and create engaging posts to be shared on our socials. Learn how to create compelling content while sharing the impact our programming has within our community.

Afternoon Jumpstart

1:30- 2:30pm

Jumpstart is a fun and inclusive online workout that focuses on building strength, improving flexibility and enhancing overall fitness. Led by a supportive instructor, each session promotes a positive and empowering experience. Participants should have a set of hand weights.

Engaging with Technology

2:30-3:30pm

This program helps you navigate the digital world with confidence. In each session, we'll cover essential technology skills, offer individual tech support, and provide assistance with devices, apps, and online tools. We also focus on scam prevention, guiding you on how to recognize and avoid digital threats.



Upcoming Special Event

Ice Fishing Derby 2025 at Island Lake
Orangeville, Ontario
February 2025 *Weather Depending*
More information to come in early 2025