



## HALTON DAY SERVICES CALENDAR

Winter 2025

January - March 2025



### HELLO!

Welcome to our Winter Halton Day Services calendar. We are excited to share some news about the future of our programs in the Halton community.

Thanks to some funding through the Halton Community Investment fund, Day Services continues to grow within Halton. This calendar outlines new opportunities for you to check out. Natasha Pastores, Sasha Dukin and myself, Darryl Clarence, continue on as Halton Group facilitators.

The Winter session includes an increase in the number of in-person activities being offered, both in Milton and in Oakville. See the weekly schedule on page 3 and description of each program on pages 4-7.

The Winter session will include some special events as well. An ice fishing trip is planned for February. Other special events will be emailed out as they become available. Contact me to ensure your email address is on my contact list.

Happy 2025. I look forward to connecting with you at group!

Darryl Clarence, Halton Day Program Group Leader

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## How to Register

Registration is required for both paid and unpaid groups. This helps us create contact lists so we can send you info about your program.

Speak to a member of the Day Services team or your Case Manager to register. Darryl and Natasha's contact info is on the front page of this booklet.

Some of our programs require you to have a YMCA membership. Discounted memberships are available for Mind Forward participants. Speak to a member of our team for information.

Registration is not required for virtual programs. See the virtual calendar for details on accessing virtual groups.



# HALTON IN-PERSON GROUP SCHEDULE

## WINTER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Residential Support West Location 10:00 - 11:00	Senior Smiles Club Allendale LTC 10:00 - 11:30	
	Senior Smiles Club Allendale LTC 10:00 - 11:30	Aquafit Milton Sports Centre 10:30 - 11:30	Gentlefit YMCA 10:30 - 11:15	Artistically Yours YMCA 10:15 - 12:00	Oakville Stokers Glen Abbey 9:30 - 12:00
	Woodcraft St. Lukes 10:30 - 12:00		Basketball YMCA 11:15 - 12:00		
			Swimming YMCA 1:00 - 2:00		
	Virtual Golf Birdies Oakville 1:00 - 3:00		Stitch & Mend St. Lukes 1:00 - 2:00	Pickleball YMCA 1:00 - 2:30	
		Cook and Carry St. Lukes 2:00 - 3:30	Beyond Baking St. Lukes 2:00 - 3:30	Library Lounge Glen Abbey 1:30 - 2:30	Milton Social 1:00 - 3:00
			Residential Support West Location 3:30 - 4:30		

Groups in **ORANGE** are for Mind Forward clients in Long Term Care or residential homes. These are not community programs.

The YMCA is located at 410 Rebecca St. and St. Luke's is located at 3114 Dundas St. West (both are in Oakville).

On Tuesdays and Fridays, Halton staff facilitate virtual groups. This is why these days have limited in-person activity.

Darryl's Case Management day is Wednesday.



## Group Descriptions

### Senior Smiles Club

**Mondays & Thursdays 10:00 - 11:30**

**Allendale LTC, Milton**

***Limited to residents of the Allendale LTC***

This program is dedicated to fostering joy, companionship, and meaningful connections among the wonderful seniors residing at Allendale. Designed as a social engagement program, we aim to brighten each day with laughter, friendship, and engaging activities tailored to enriching lives. The program will include, games, arts, crafts and special events.



### Woodcraft with Darryl

**Mondays 10:30 - 12:00**

**St. Luke's Community Centre, Oakville**

Participants will explore a variety of crafting techniques, such as painting, woodworking, and decorating, to produce unique projects and décor items. The class provides a welcoming and supportive environment for individuals of all skill levels to express their creativity, share ideas, and develop new artistic skills.



### Virtual Golf

**Mondays 1:00 - 3:00**

**Birdie's Indoor Golf, Burlington / Oakville**

***No Fee thanks to a partnership with Challenge Golf***

Enjoy a fun and engaging environment to practice golf skills using state-of-the-art simulators. This activity promotes physical coordination, motor skills, and social interaction. The controlled, indoor setting is fully accessible ensuring everyone can participate comfortably. Sessions will begin the week of January 13th. The majority of sessions will occur at Birdie's Oakville location once it opens up. Until then, sessions will occur in Burlington. Staff will message registered participants each week with location details.





## Group Descriptions

### Aquafit

**Tuesdays 10:30 - 11:30**

**Milton Sports Centre, Milton**

**Drop in Fee: \$13.25 (Paid at the pool)**

Dive into fitness at Aquafit! This low impact, water based workout combines aerobic exercise and strength training all while being easy on your joints. Subsidized rates and memberships are available for those who qualify. Speak to Natasha for details. Milton Sports centre is located at 605 Santa Maria Blvd.



### Cook and Carry

**Tuesdays 2:00 - 3:30**

**St. Luke's Community Centre, Oakville**

**Cost: 100\$ (10 weeks of meals)**

The goal of this group is to teach participants how to prepare healthy and economical meals with confidence. Participants will learn safe food handling techniques and will experiment with ingredients. A dinner entrée will be prepared for each participant to take home.



### Residential Support

**Wednesday 10:00 - 11:00, Thursday 3:30 - 4:30**

**West Residence**

Day Services staff visit agency residences to organize a variety of activities including games, crafts and interactive experiences designed to foster creativity, socialization and enjoyment.



### Gentle Fit

**Wednesdays 10:30-11:15**

**YMCA, Oakville**

A combination of low impact cardio and strength training, gentle fit targets large muscle groups in order to build endurance, balance and strength. NOTE: This group requires a YMCA membership. Talk to staff for information on obtaining one.





## Group Descriptions

### Basketball

**Wednesdays 11:15-12:00**

**YMCA Oakville**

Join us for casual games and enjoy the camaraderie of fellow basketball enthusiasts. Note: A YMCA Membership is required for this group. Speak to staff about obtaining one.



### Swimming

**Wednesdays 1:00-2:00**

**YMCA Oakville**

In Aquafit classes, participants stretch and strengthen in the pool. Resistance from the water gives a solid workout without straining the body. Note: A YMCA Membership is required for this group. Speak to staff about obtaining one.



### Stitch and Mend

**Wednesdays 1:00-2:00**

**St. Lukes Community Centre, Oakville**

Stitch & Mend is a welcoming space where participants come together to repair clothes, knit, and crochet while building community and fostering personal well-being. Whether you're patching a favorite pair of jeans or crafting a cozy blanket, this program is about more than just needle and thread—it's about creativity, connection, and care.



### Beyond Baking

**Wednesdays 2:00 - 3:30**

**St. Luke's Community Centre**

**Cost: 70\$**

A cooking group where baking takes center stage but isn't limited to just cookies and cakes. Rooted in the joy of cooking, we draw inspiration from global cuisines and push the boundaries of what "baking" can be.





## Group Descriptions

### Artistically Yours

**Thursdays 10:15-12:00**  
**YMCA Oakville**

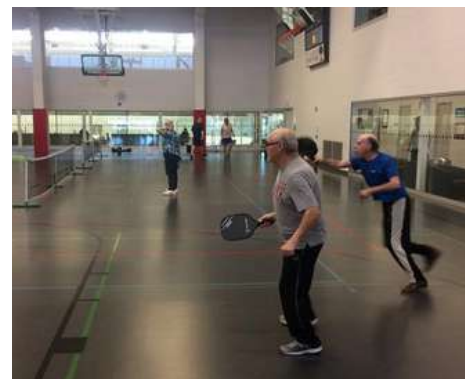
NOTE: You DO NOT need a YMCA membership to participate in this group. Artistically yours is a long standing opportunity for artistic discovery and expression. Facilitated through a partnership with the Oakville Art Society, participants experiment with different art techniques. Trained art instructors are on site every other week to inspire and educate.



### Pickleball

**Thursdays 1:00-2:30**  
**YMCA Oakville**

Pickleball is a low-impact sport that's easy to learn and adaptable to different skill levels, making it perfect for participants of all abilities. Note: A YMCA Membership is required for this group. Speak to staff about obtaining one.



### Library Lounge

**Thursdays 1:30-3:00**  
**Oakville Public Libraries (Iroquois / Glenn Abbey)**

We explore and utilize the incredible resources that the libraries in Oakville have to offer. While we will pursue books and other media, the group aims to investigate the 'creation zones.' These do-it-yourself maker spaces offer a variety of technology such as 3D printers, laser cutters and engravers.





## Group Descriptions

### Oakville Stokers

#### Fridays

#### Glenn Abbey Community Centre, Oakville

The Oakville Stokers is a registered community charity for stroke survivors. The program began in 1995 and currently has over 30 participants and numerous volunteers. Sessions are held at Glenn Abbey community centre (1415 Third Line) each Friday from 9:30 to 2:00 with a one our pool session at 11:00. Other activities include cards, games and leisure pursuits. Registration with the Stokers is required for participation. More info can be found on their website at: <https://oakvillestokers.ca/>



### Milton Meetups

#### Friday afternoons in Milton

Each week, our facilitators select a different location where participants can gather, socialize, and have fun in a welcoming environment. This program encourages community engagement, promotes social connections, and offers a great way to try new experiences..

Outings may include meals at local restaurants, movie matinees, coffee shops, ice skating, craft shows etc. A schedule of activities will be sent out to all registered participants.



### Join our mailing list:

Stay up to date with the latest group updates and reminders from Halton Day Services. Email Darryl at [darryl.clarence@mindforward.org](mailto:darryl.clarence@mindforward.org) or text Darryl at 905-464-1340 to be added to our mailing list.





# 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

Musicology	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 Committee	10:30 - 12:00
Afternoon Jumpstart	1:00 - 2:00
Engage with Technology	2:30 - 3:30

## Virtual Group Passcode: 2021





## Virtual Group Descriptions

### 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 Group Descriptions

### 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're new to exercise 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 Group Descriptions

### 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 Group Descriptions

### 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.



## Virtual Group Descriptions

### 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