



MISSISSAUGA DAY SERVICES CALENDAR WINTER 2025

January 6 - April 25



GREETINGS!

As we embrace the beauty and promise of a new year and season, we are thrilled to share this comprehensive booklet, which highlights the diverse range of activities and programs offered by our dedicated Day Services team at our Mississauga head office location.

We extend our heartfelt gratitude for being part of the Mind Forward community. Your ongoing support and engagement inspire us to continue providing meaningful and enriching experiences. This winter, we are delighted to present a variety of virtual and in-person programs designed to cater to different interests and needs. Whether you're looking to develop functional skills, explore creative hobbies, or simply connect with others, there is something for everyone.

Inside this booklet, you will find all the details about our programs, including schedules, descriptions, and registration information. Please note that some groups require a registration fee. Additionally, we are pleased to offer drop-in services from Monday to Friday. For specific drop-in times, please refer to page 15.

Thank you for choosing to spend your winter with Mind Forward. We look forward to sharing a season filled with connection, growth, and inspiration!

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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.



GROUP DESCRIPTIONS

MONDAY

Colourful Minds

10:00- 11:30am

Join our new painting group to boost your imagination, creativity, and visual skills. Whether you're a beginner or an experienced artist, acrylic painting offers a creative adventure where you can unlock your imagination and discover the artist within.

Bowling

11:00 - 12:00pm

**Location: Classic Bowl, 3055 Dundas Street West
January 6th — April 14th 2025 (14 weeks)**

Fee: \$163.80

Whether you're a seasoned bowler or a complete beginner, this group welcomes all skill levels. Bowling has so many physical and cognitive benefits. It helps tone and strengthen muscles and it's a great way to meet new people and enhance your social skills. It's also an opportunity to enhance eye-hand coordination with every roll, improving your overall motor skills.

Fun & Fitness

1:00- 2:00pm

Join us for a revitalizing session full of strengthening, range of motion, and conditioning movements to start your week strong and fresh. Using light weights and resistive bands, you'll enjoy a full-body workout designed to improve flexibility, mobility, and muscle conditioning. Set to upbeat, energetic music and videos, this inclusive group is open to all levels and abilities. Feel the positive energy and motivation as you kickstart your week with health, fitness, and fun!

Mindful Music (hybrid program)

2:00-3:30pm

Delve into the transformative power of music. Together, we explore various genres, sounds, and melodies that resonate with our personal journeys, cultivating a deeper connection to ourselves and the world around us. Benefits include mental calmness, emotional healing, self-discovery, a deeper connection with others, and mindful awareness. Join us and let the melodies guide you to inner peace and well-being.



GROUP DESCRIPTIONS

TUESDAY

Brunch and Munch

10:00-12:00 pm

\$56 for 8 weeks (\$7 each visit)

First session: January 7th, 2025 - February 25th, 2025

Second session: March 4th, 2025 - April 22nd, 2025

Bonus: Get two free weeks if you sign up for 16 weeks and pay \$98 in full.

Join us for a fun and interactive group where you'll work alongside peers to prepare a delicious brunch-style meal. Guided by our skilled team, you'll enhance your cooking abilities while building confidence and independence in the kitchen. Enjoy the fruits of your labour as you share a meal with friends. This group supports cognitive development, fine motor skills, and essential life skills in a welcoming and social environment.

Adapted Ukulele/Music and Me

12:00- 2:00pm

Clients will have the opportunity to learn and play the ukulele, guided by our talented instructor, Anjula. Join us for a fun and engaging experience where you can explore music, unleash your creativity, and discover new rhythms. This group is for all levels of experience. You'll get to sing popular songs, improve your vocal skills and tone, and harmonize your playing with your singing. Each week, we will introduce and demonstrate various songs and chords, helping you expand your musical repertoire.

Movie Mates

3:30 - 6:30pm

Location: Cineplex Theatre, 309 Rathburn Road West

Fee: Pay as you go

Join us for a fun afternoon at the local movie theatre! Each week, the Day Services team will provide movie selection and showtime. Immerse yourself in the magic of cinema, indulge in delicious theatre snacks, and create lasting memories with friends. Don't miss out on this wonderful opportunity to enjoy the latest blockbusters and timeless classics! Sign up to be included in the weekly email with the movies we will be seeing.



GROUP DESCRIPTIONS

WEDNESDAY

Science Simplified (hybrid program)

10:00 - 11:00 am

This 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. Join us as we break down complex ideas into digestible and relatable explanations. From cool chemistry to fantastic physics, there's something for everyone. Get ready to spark your curiosity and unleash your inner scientist!

Mixed Media Makers

11:00 - 12:30 pm

Embrace the spirit of each season with our holiday crafts group. Journey into the world of creativity as you craft beautiful, holiday-themed works of art. Guided by experienced and talented instructors, you'll create charming decorations, heartfelt cards, festive ornaments, and so much more. Whether you're a seasoned crafter or a beginner, enjoy the joy of creating and the satisfaction of completing beautiful projects alongside friends. Celebrate each holiday with unique and creative projects all year round!

Lunch & Learn with Anisha

11:00 - 1:00pm

January 8th - March 26th (12 weeks)

Fee: \$84

Eating a diet rich in brain-healthy foods can boost cognitive function, enhance memory, and protect against neurodegenerative conditions. **Join Anisha, our very own Registered Dietitian**, for a fun and interactive session where you'll learn easy-to-make healthy food options to nourish your brain! Hands-on cooking demonstrations, nutritional tips for brain health, and delicious recipes you can recreate at home. Let's cook, eat, and enjoy the journey to better brain health!

Mall Outing with Friends

2:00 - 3:30pm

Escape the every day and enjoy a delightful getaway with great company. Indulge in people watching, treat yourself to coffee and simply relax in a cozy atmosphere.



GROUP DESCRIPTIONS

THURSDAY

Musicology (Hybrid Program)

10:00 - 11:00 AM

This innovative group encompasses all aspects of music. It highlights a variety of artists, delves into diverse genres, and examines different instruments. The program also focuses on educating participants about sound, rhythm, and harmony.

Bingo

10:30 AM - 12:00 PM

Come participate in one of Mind Forward's favorite group activities! This lively event blends enjoyment, mental stimulation, and social engagement, fostering a vibrant and supportive atmosphere for everyone involved. Why should you join Bingo? It's an excellent opportunity to enhance your memory and focus while tracking numbers and patterns, plus it encourages social interaction. Each week, fantastic prizes await the fortunate winners!

Artistically Yours

1:00 - 2:30 PM

A creative adventure awaits you with Artistically Yours! This group is designed for anyone with a passion for creativity. Are you an experienced artist? Just starting out? No problem! This group offers a place where different art forms become a means of self-expression. You will have the opportunity to experiment with different mediums such as painting, drawing, sculpture, and so much more. Unleash your imagination, explore new art forms, and express yourself in ways you never thought possible.

Poker/ Euchre / Dominoes

1:00 - 3:00 PM

Are you ready to meet local card sharks and domino masters? Join us for our weekly tournaments, where friendly competition and fun are guaranteed! This group is open to all skill levels. Staff are available to teach, facilitate, and encourage independence, ensuring everyone can participate and enjoy. Who will emerge victorious and claim the top spot? Come on over to compete for prizes and the coveted bragging rights of the week.



GROUP DESCRIPTIONS

FRIDAY

Coffee Connoisseurs

10:00 - 12:00 PM

1st Session: January 10th- February 28th

2nd Session: March 7th - April 25th

Fee: \$40 per calendar session / Drop in \$5

Bonus: Register for both sessions, pay \$70, and enjoy 2 complimentary visits

Indulge in the finest brews and delectable pastries in the company of fellow coffee enthusiasts. Relax, unwind and savor the moment in our cozy café-like atmosphere.

Massage Therapy with Humber College

12:00 - 4:00 PM

Massage Therapy with Humber College students offers relaxing sessions from 12:00 to 4:00, led by skilled students. Participants will enjoy the benefits of massage while learning techniques for relaxation, good posture, and overall health. The goal is to leave attendees feeling refreshed and equipped with wellness tools for daily life.

Social Club

2:00 - 3:00

Social Club is a popular event and a great opportunity to meet new people, catch up with old friends, and enjoy a laid back afternoon filled with great conversation and great company.

Dinner and Movie

3:00 - 6:00 PM

January 10th - April 25th

Fee: \$112 for 16 weeks or \$7.00 to drop in

Bonus: Register for 16 weeks, pay\$98, and enjoy 2 complimentary visits

Celebrate the end of the week with our popular Dinner and Movie evenings. Unwind and enjoy a perfect evening of entertainment, movie style food, treats and great company!

Movie begins at 3:30 and dinner is served at 5:00.



MISSISSAUGA IN-PERSON GROUP SCHEDULE

WINTER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00					
10:00	Colourful Minds 10:00-11:30	Brunch N Munch 10:00-12:00	Simplified Science (H) 10:00-11:00		Coffee Connoisseurs 10:00-12:00
11:00	Bowling Classic Bowl 10:30-12:00		Mixed Media Makers 11:00-12:30	Lunch & Learn 11:00-1:00	
12:00		Ukulele/ Music & Me 12:00-2:00			Massage Therapy with Humber College 12:00-4:00
1:00	Fun & Fitness 1:00-2:00				
2:00		Mindful Music (H) 2:00-3:30	Mall Outing with Friends 2:00-3:30		Social Club 2:00-3:00
3:00					
4:00		Movie Mates at Cineplex Theatre 3:30-6:30			Dinner and a Movie 3:30-6:30
5:00					



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 & Journalism	10:30 - 12:00
Afternoon Jumpstart	1:00 - 2:00
Engage with Technology	2:30 - 3:30

**Virtual Group Passcode:
2021**





VIRTUAL 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 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, life skills, 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 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 DESCRIPTIONS

THURSDAY

Musicology

10:00- 11:00am

This new group MUSICOLOGY entails everything related to music. Spotlighting various artists, exploring all genres of music and instruments. Educating on sound, rhythm and harmony.

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 DESCRIPTIONS

FRIDAY

Social Media & Journalism

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



DROP IN SCHEDULE

Our drop-in program provides a friendly and flexible environment for you to engage in supervised, unstructured activities. Feel free to socialize, relax, or take part in activities at your own pace. Whether you're in the mood to chat, play games, or simply unwind, Drop-In is designed to meet your needs in a supportive atmosphere.

Please be aware that the downstairs doors will remain closed until staff members are present to supervise the area. Clients arriving before the start times for drop-in may need to wait in the waiting room. Additionally, clients are requested to schedule their rides no later than 3:30 PM to 4:00 PM for pick-up.

Drop In Schedule

Monday	1:00 - 4:00
Tuesday	11:00 - 3:00
Wednesday	10:00 - 3:30
Thursday	10:00 - 3:30
Friday	10:00 - 3:30





SPECIAL EVENTS

Let's come together and make this Winter a memorable one!

 <p>Central West's 9th Annual Ice Fishing Day</p>	<p>Thursday, January 30 9:30 to 1:30 Alternate Weather Date Tuesday, February 4</p>	<p>Island Lake Conservation Area Orangeville cost: \$27 per person</p>
 <p>Caribbean Vibes Luncheon</p>	<p>Wednesday, February 12 1:30 to 3:00</p>	<p>Mind Forward Head Office cost: \$5</p>
 <p>St. Patrick's Day</p>	<p>Wednesday, March 12 1:30 to 3:00</p>	<p>Jack's Square One 219 Rathburn Rd W, Mississauga Each individual responsible for their own cost</p>
 <p>Easter Dinner</p>	<p>Friday, April 11 3:00 to 6:00</p>	<p>Mind Forward Head Office cost: \$15 Free for clients registered for Dinner & Movie</p>

Visit our website for more information including links to virtual programs, agency news, registration forms, and special events. If you would like to give feedback on any Mind Forward groups or services, please contact our Ombudsperson at 905-949-4411 ext. 253.

