



**Mind** Brain Injury  
Services  
**Forward**

## CENTRAL WEST DAY SERVICES CALENDAR SPRING 2025

April - June



### WELCOME TO SPRING!

As we welcome the vibrant season of spring, we are excited to share the upcoming activities and opportunities available through our day program. Spring represents a time of renewal and growth, and we are looking forward to offering a variety of engaging programs and events designed to support personal development, functional skill-building, and overall well-being.

Whether it's learning meal preparation techniques, participating in physical activities to improve mobility, or engaging in social interactions to strengthen communication, we strive to create an inclusive environment that supports each individual's personal goals.

We encourage you to explore the calendar and participate in activities that resonate with your goals and interests. Together, we will continue to create an atmosphere where each day brings new opportunities for skill development, connection, and achievement.

Thank you for your continued participation and support. We look forward to a wonderful spring season ahead!

Warm regards,  
Ashley Chapman  
Central West Day Services Team

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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.



# CENTRAL WEST IN-PERSON GROUP SCHEDULE

## SPRING 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		Colourful Connections (starting April 16th) 1:00 - 2:30			
2:00								
3:00								
4:00								



## GROUP DESCRIPTIONS

### Walking Group

**Island Lake, Orangeville**

**Meeting @ Zehrs - 50 4th Street, Orangeville (weather dependent)**

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

**25 Centennial Rd #1, Orangeville**

**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**

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

### Colourful Connections

#### **529 Main St. N (starting April 16th)**

The group provides a creative and supportive space for individuals to explore various art forms while enhancing functional skills like fine motor coordination and cognitive abilities. Participants can express emotions, and build confidence through guided art activities. This group fosters social connections in a safe, non-judgmental environment, promoting healing and personal growth. Join us to explore creativity, develop skills, and connect with others on the journey of recovery.

### 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 SPRING 2025

### Brampton Queen's Social Itinerary

Date	Activity
April 2nd 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
April 9th 11:30am - 2:00pm	Lunch Out – IHOP 50 Biscayne Crescent, Brampton Cost: Pay as you go
April 16th 10:30am – 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
April 23rd 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
April 30th 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
May 7th 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton



## Wednesday Brampton Group SPRING 2025

### Brampton Queen's Social Itinerary

Date	Activity
May 14th 11:30am - 2:00pm	Lunch out – Mandarin 238 Biscayne Crescent, Brampton Cost: \$26.99 plus tax
May 21st 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
May 28th 10:30am – 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
June 4th 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
June 11th 11:30am - 2:00pm	Lunch Out – Jack Astors 154 West Dr, Brampton Cost: Pay as you go
June 18th 10:30am - 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton
June 25th 10:30am – 12:00pm	We Can Do It Fitness! 529 Main Street North, Brampton



## Special Events

April 9th	11:30am – 2:00pm	Lunch Out – IHOP 50 Biscayne Crescent, Brampton Cost: Pay as you go
April 15th	Exact time will be determined closer to the date.	Movie out – Silver City Brampton 50 Great Lakes Brampton, ON Cost: \$9.50
April 28th	5:00pm - 7:00pm	Dinner out Orangeville - The Hatter 101 Frist St, Orangeville Cost: Pay as you go
May 14th	11:30am–2:00pm	Lunch out – Mandarin 238 Biscayne Crescent, Brampton Cost: \$26.99 plus tax
May 26th	5:00pm - 7:00pm	Dinner out Orangeville - Shoeless Joe's 245 Centennial Rd Unit C, Orangeville Cost: Pay as you go





## Special Events SPRING 2025

### Central West Special Events

Exact time will be determined closer to the date.	May 20th	Movie out – Silver City Brampton 50 Great Lakes Brampton, ON Cost: \$9.50
Exact time will be determined closer to the date	May 30th	Blues and Jazz Festival Meeting Point TBD Cost: Pay as you go
11:30am - 2:00pm	June 11th	Lunch Out – Jack Astors 154 West Dr, Brampton Cost: Pay as you go
5:00pm - 7:00pm	June 16th	Dinner out Orangeville – The Taphouse 34 Mill St, Orangeville Cost: Pay as you go
Exact time will be determined closer to the date.	June 17th	Movie out – Silver City Brampton 50 Great Lakes Brampton, ON Cost: \$9.50
11:30am - 2:00pm	June 25th	Annual ABI Awareness Picnic Heart Lake Conservation Area - 10818 Heart Lake Rd, Brampton Green Acres Picnic Site Cost: Free (Parking additional cost)



# VIRTUAL PROGRAM SCHEDULE

## SPRING 2025

### MONDAY

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

### TUESDAY

Jump Start	10:00 - 11:00
Life Kit Season 2	11:00 - 12:00
Water Colouring Club	1:30 - 3:30

### WEDNESDAY

Animal Kingdom	10:00 - 11:00
Around the World	11:00 - 12:00
Afternoon Trivia	1:30 - 2:30
The Virtual Greenhouse	2:30 - 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

Book Club	10:00 - 11:00
Drawing with Friends: Landscapes	11:00 - 12:00
Afternoon Jumpstart	1:00 - 2:00
Creative Writing	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**

Brain Teasers is 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.

#### Pet Corner

**1:00- 2:00pm**

Pet Corner is a fun and friendly virtual space where pet lovers come together to share adorable pictures, heartwarming stories, and valuable tips about pet ownership! Whether you have a playful pup, a curious cat, a feathered friend, or a unique exotic pet, this group is the perfect place to connect with fellow animal enthusiasts.

#### 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

#### Animal Kingdom

**10:00- 11:00am**

Animal Kingdom is an engaging and educational program for adults who love animals and want to learn more about the incredible creatures that share our planet. Each session explores different species, from majestic wildlife to fascinating ocean dwellers and household pets. Through interactive discussions, fun facts, and expert insights, you'll gain a deeper understanding of animal behavior, habitats, conservation, and care.

#### 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.

#### Afternoon Trivia

**1:00- 2:00pm**

A lively online gathering where you can test your knowledge, challenge your brain, and enjoy some friendly competition. Just like your favorite pub quiz, this virtual trivia group features a mix of fun and thought-provoking questions across a variety of topics.

#### The Virtual Greenhouse

**2:00-4:00pm**

The virtual greenhouse is for plant lovers and gardening enthusiasts! Whether you have a lush backyard garden, a cozy indoor jungle, or just a few potted plants, this group is the perfect place to learn, share, and connect. Swap tips on plant care, showcase photos of your green companions, and explore new gardening techniques with fellow enthusiasts.



## 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

#### Book Club

**10:00- 11:00am**

Happy reading! Log-in every week as we dive into the world of literature. Whether you're a seasoned reader or just beginning your literary journey, our club is a friendly space for all book enthusiasts. We explore a diverse selection of genres, fostering engaging discussions and sharing insights. Grab your favorite beverage, settle into a cozy spot, and connect with book lovers from the comfort of your own home.

#### Drawing with Friends: Landscapes

**11:00- 12:00pm**

"Landscape Drawing with Friends" is an engaging online program where creativity meets companionship. From 11:00 am to 12:00 pm, connect with fellow artists and explore the beauty of landscapes through drawing. Great for beginner or seasoned artists alike, this session offers a supportive environment to enhance your skills and enjoy the art of nature. Grab your sketchpad, and let's create together!

#### Afternoon Jumpstart

**1:00- 2:00pm**

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.

#### Creative Writing

**2:30-3:30pm**

Explore self-expression through writing. Whether you enjoy poetry, short stories, journaling, or simply putting your thoughts into words, this supportive group offers a welcoming environment to spark creativity and build confidence. Share your work, exchange ideas, and connect with others who understand the power of storytelling. No writing experience is needed