



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

## HALTON DAY SERVICES CALENDAR

Spring 2025

April - June



### HELLO!

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

The spring session will include new in-person and virtual groups. By popular demand, Woodworking is at Queen Elizabeth park and peer support at Oakville Place are back! We are excited to help pilot a Neuroboxing program with JTI boxing academy. Details on all our in person groups can be found on pages 3-8

Virtual services continue to be available for all Mind Forward participants. The spring will introduce a pet-focused group, a gardening group, creative writing classes and the return of book club. Details about our virtual groups are found on pages 9-14

This spring, we will host monthly special events. Details on our special events can be found on page 15

Looking forward to an exciting and enriching spring session with you all!

*The Halton Day Services Team*

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Special Events



## 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

## SPRING 2025

|  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|---|--|--|
|  |  |   |   |  |  |
|  | <b>Senior Smiles Club</b><br>Allendale LTC<br>10:00 - 11:30                | <b>Mall Meetup</b><br>Oakville Place<br>10:30 - 12:00 | <b>Woodworking</b><br>Queen E Park<br>10:00 - 12:00 | <b>Artistically Yours</b><br>YMCA<br>10:15 - 12:00     | <b>Oakville Stokers</b><br>Glen Abbey<br>9:30 - 1:00       |
|  | <b>Wood and Stone Creations</b><br>St. Lukes<br>10:30 - 12:00              |   | <b>Gentlefit</b><br>YMCA<br>10:30 - 11:15           |  |  |
|  |  |   | <b>Basketball</b><br>YMCA<br>11:15 - 12:00          | <b>Neuroboxing</b><br>JTI Boxing Studio<br>1:30 - 2:30 |  |
|  | <b>Challenge Golf</b><br>Birdies Oakville<br>or<br>Tee Zone<br>1:00 - 3:00 |   | <b>Swimming</b><br>YMCA<br>1:00 - 2:00              |  |  |
|  |  |   | <b>Cook and Carry</b><br>St. Lukes<br>2:00 - 3:30   | <b>Beyond Baking</b><br>St. Lukes<br>2:00 - 3:30       | <b>Residential Support</b><br>West Location<br>3:30 - 4:30 |
|  |  |   |   |  |  |

Groups in **ORANGE** are specifically for Mind Forward clients in Long Term Care or residential homes.

### Program Locations

St Lukes Community Centre: 3114 Dundas St.

Oakville YMCA: 410 Rebecca St.

Birdies Indoor golf: 504 Iroquois Shore Rd.

Tee Zone: 4105 Bronte Rd.

Oakville Place Mall: 240 Leighland Ave.

Queen Elizabeth Park: 2302 Bridge Rd.

JTI Boxing Gym: 504 Iroquois Shore Rd.

Glen Abbey Community Centre: 1415 Third Line.



## Group Descriptions

### Senior Smiles Club

**Mondays 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.



### Wood and Stone Creations with Darryl

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

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

***No Fee for this group***

Participants will explore a variety of crafting techniques, such as sculpting, woodworking, and decorating, to produce unique projects and décor items. Soapstone is a soft, easily worked stone shaped with tools like rasps, files, and chisels, resulting in smooth, polished surfaces that highlight the stone's natural beauty. Laser cut wood projects will be available as well.



### Challenge Golf

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

**Birdie's Indoor Golf, Oakville**

**Tee Zone Driving Range, Oakville**

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

Enjoy a fun and engaging environment to practice golf skills. This activity promotes physical coordination, motor skills, and social interaction. This program will run indoors until the weather allows for outdoor golfing. The controlled, indoor setting is fully accessible ensuring everyone can participate comfortably.







## Group Descriptions

### Peer Support & Walk

**Tuesdays 10:30 - 12:00**  
**Oakville Place Mall**

Start your morning with coffee and/or breakfast at the food court and connect with fellow community members. It's a wonderful opportunity to engage in light walking, enjoy good company, and support each other on our wellness journeys. Whether you're a seasoned walker or just starting out, everyone is welcome!



### 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.



### Woodworking

**Wednesdays 10:00 - 12:00 Starting April 23**  
**Queen Elizabeth Park Community Centre**  
**Cost: 100\$ 9 week program.**

Our woodworking program provides a supportive and adaptive environment where participants can learn, create, and build confidence. Through hands-on projects, individuals develop fine motor skills, problem-solving abilities, and a sense of accomplishment. Our skilled instructors offer step-by-step guidance, ensuring safety while fostering creativity and independence.





## Group Descriptions

### 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.



### Basketball

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

Join us for casual games and enjoy the camaraderie of fellow basketball enthusiasts. Please note that a YMCA membership is necessary to participate in this group. For membership details, feel free to speak with our staff.



### 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.



### Beyond Baking

**Wednesdays 2:00 - 3:30**  
**St. Luke's Community Centre**  
**Cost: 70\$ (10 week session)**

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.



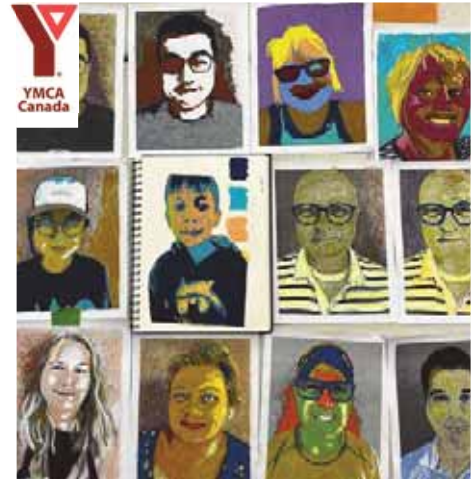


## Group Descriptions

### 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.



### Neuroboxing

**Thursdays 1:30-2:30 *Starting April 17th***  
**JTI Boxing Studio**  
***Cost: 60\$ (10 Week session)***

Neuroboxing is a non-contact form of boxing designed to strengthen the body while physically and mentally helping the brain. It uses traditional core boxing moves to create a workout that focuses on strength, speed, agility, endurance, hand-eye coordination, and footwork. The quick, swift movements force participants to pay close attention, focus, and think fast.



### Residential Support

**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.







## Group Descriptions

### Oakville Stokers

#### Fridays

#### Glenn Abbey Community Centre, Oakville

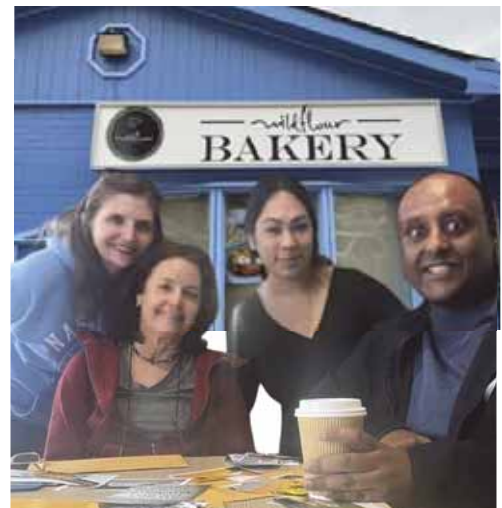
The Oakville Stokers is a registered community charity for stroke survivors. The program began in 1995 and currently has over 30 participants and numerous volunteers. Sessions are held at Glenn Abbey community centre (1415 Third Line) each Friday from 9:30 to 2:00 with a one our pool session at 11:00. 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

Join our cozy cafe group, where we gather every Friday afternoon in the heart of Milton. Enjoy warm conversations, delicious coffee, and a welcoming atmosphere. Whether you're a local or just passing through, come share your thoughts and make new friends in a relaxed setting. Feel free to purchase a coffee, confections or a nice warm sandwich!



### 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 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



## Special Events

**Spring Session Kickoff Dinner:** Tuesday April 15th at 6:00pm at the Firehall (2390 Lakeshore rd.) Join us to discuss the upcoming catalogue at a favourite restaurant in Oakville. (pay as you go)



**Ceramics Workshop:** Tuesday April 22 from 10:00 - 12:00 at Queen Elizabeth Park Community Centre. Create a ceramic patio lantern which will be glazed and kiln fired. Cost: 10\$



**Pottery Workshop:** Tuesday May 6th from 10:00 - 12:00 at Queen Elizabeth Park Community Centre. Use potters wheels to create a bowl, which will be glazed and kiln fired. Cost 10\$



**Cheap Date Movie Night:** Tuesday May 27th at Film.ca cinema (171 Speers Rd.) Join the group for an evening at the movies. Times and Movie choices available closer to the date. (pay as you go)



**Improv Acting:** Tuesday June 3rd from 10:00 - 12:00 at Queen Elizabeth Park Community Centre. Learn about the world of improvisational comedy from a member of the Second City comedy troupe in Toronto. Cost: 10\$

