



MISSISSAUGA DAY SERVICES CALENDAR SPRING/SUMMER 2025

May 5th, 2025 - August 22nd, 2025



HELLO SUMMER!

As we welcome the vibrancy and renewed spirit that summer brings, we are pleased to present this comprehensive calendar highlighting the wide range of programs and activities thoughtfully developed by our dedicated Day Services team at the Mississauga Head Office. The summer season provides a valuable opportunity for personal growth, meaningful connection, and joyful exploration. For this calendar, we are proud to offer a diverse selection of virtual and in-person programs designed to meet various interests, needs, and goals.

We extend our heartfelt appreciation for your continued involvement in the Mind Forward community. Your steadfast support and engagement inspire us to remain dedicated to delivering enriching, purpose-driven experiences. Whether your focus is on building functional skills, exploring creative outlets, or nurturing social connections, our summer programs are designed to engage, empower, and uplift every participant.

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MISSISSAUGA DAY SERVICES CALENDAR

SPRING/SUMMER 2025

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June is Brain Injury
Awareness Month



How to Register

Registration forms are now available digitally and can be accessed on this website:

<https://www.cognitoforms.com/MindforwardBrainInjuryServices1/MindForwardSpringSummerProgramRegistrationMayAug2025>

For assistance with registration, please reach out to your Case Manager or a member of the Day Services team.

Payment Process

- Fill out the registration form for the groups that you are interested in.
- After submitting, you will receive a copy of the form via email, which will include the total amount due.
- For payment options, speak with a Day Services team member. If you need financial accommodations, please contact your Case Manager or a Day Services Manager.



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DROP-IN

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 reception area. Additionally, clients are requested to schedule their rides no later than 3:30 PM to 4:00 PM for pick-up.

DROP-IN TIMINGS

MONDAY	12:00 - 4:00
TUESDAY	11:00 - 3:00
WEDNESDAY	10:00 - 3:30
THURSDAY	10:00 - 3:30
FRIDAY	10:00 - 3:30





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MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:00										
10:00	Colourful Minds 10:00 - 12:00				Animal Kingdom (H) 10:00 - 11:00		Music-ology (H) 10:00 - 11:00		The Ultimate Brew-Off 10:30 - 12:30	
				Baking Group 10:30 - 12:00		Res Social 10:30 - 12:00		Bingo 10:30 - 12:00		
11:00	Bowling at Classic Bowl 11:00-12:00	Closed Aphasia Program 11:00 - 1:00								
12:00										
1:00	Fun & Fitness 1:00 - 2:00		Adapted Ukulele Program 1:00 - 2:00				Poker/ Euchre/ Dominoes 1:00 - 3:00	Artistically Yours 1:00 - 3:00		
2:00	Mindful Music (H) 2:00 - 3:30				Culinary Creations 2:00 - 4:00	Cheshire House 2:00 - 4:00				
3:00										
4:00			Movies at Cineplex (Rathburn) Theatre 3:30 - 6:30							
5:00										

Groups in **ORANGE** are closed programs.



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VIRTUAL PROGRAM SCHEDULE

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 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

Passcode:
2021





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IN-PERSON PROGRAM DESCRIPTIONS

MONDAY

Colourful Minds

Skill Building Activity

10:00 AM - 12:00 PM

Explore self-expression and creativity while strengthening fine motor control, visual processing, and attention. Whether you're a beginner or experienced artist, this group offers a welcoming space to relax, focus, and build confidence through art. It's a chance to tap into your imagination and support cognitive and emotional well-being.

Bowling at Classic Bowl

Recreation

11:00 AM - 12:00 PM | May 5th - August 18th, 2025 | Location: 3055 Dundas Street West

Fee: \$175.95/Full Session (15 Weeks, excluding Victoria Day)

Whether you're a seasoned bowler or a complete beginner, this group welcomes all skill levels. Bowling offers a variety of physical and cognitive benefits, from improving hand-eye coordination and motor skills to promoting muscle strength and focus. It's also a great way to socialize, stay active, and enjoy friendly competition in a supportive setting.

Fun & Fitness

Physical Health

1:00 PM - 2:00 PM

Start your week with energy and movement in this revitalizing fitness group! Through a mix of strengthening, range of motion, and conditioning exercises using light weights and resistance bands, you'll support flexibility, mobility, and overall physical wellness. This inclusive, full-body workout is suitable for all levels and abilities, promoting coordination, endurance, and a strong, confident start to your week.

Mindful Music (Hybrid Program)

Social Skills

2:00 PM - 3:30 PM

Experience the power of music as a tool for reflection, connection, and emotional well-being. In this group, participants take turns sharing meaningful songs and discussing what resonates with them, fostering self-expression, active listening, and deeper interpersonal connection. Mindful Music encourages emotional awareness, cognitive engagement, and a calming sense of presence, helping you tune into yourself and others in a supportive space.



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IN-PERSON PROGRAM DESCRIPTIONS

TUESDAY

Closed Aphasia Program

Skill Building Activity

11:00 AM - 1:00 PM

A structured, closed-group program led by a licensed Speech-Language Pathologist (SLP), designed to support communication development in a group setting. Through guided activities and peer interaction, participants work on improving speech, comprehension, and confidence in expressing themselves, enhancing both language function and social connection. Registration required.

Adapted Ukulele Program

Skill Building Activity

1:00 PM - 2:00 PM

Explore the joy of music through singing and strumming in this inclusive ukulele group open to all experience levels. Guided by our talented instructor, Anjula, participants will learn chords, play along to familiar songs, and build their musical skills in a supportive and engaging environment. This group encourages creativity, fine motor coordination, vocal expression, and memory - all while having fun and connecting with others through music.

Baking Group

Skill Building Activity

10:30 AM - 12:00 PM | May 6th - August 19th (15 Weeks, excluding Canada Day)

Fee: \$7 Drop-In | Full Session: \$105

Join us for a fun and delicious baking experience! In this group, participants will learn new baking techniques, explore a variety of recipes, and enjoy creating sweet and savory treats. Whether you're an experienced baker or a beginner, this group offers a supportive environment to enhance your skills, share tips, and enjoy the fruits of your labor with others.

Movies at Cineplex Theatre

Recreation

3:30 PM - 6:30 PM | Location: 309 Rathburn Road West

Fee: Pay As You Go

Join us for an enjoyable outing to the theater, where we'll watch a new release or a classic film together. This group offers a fun and relaxing way to enjoy movies, engage in shared experiences, and connect with others over film discussions. Whether it's the latest blockbuster or a beloved favorite, you'll have the chance to unwind, appreciate cinema, and chat about the film afterwards in a friendly setting. Sign up to be included in the weekly email with the movies we will be seeing.



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IN-PERSON PROGRAM DESCRIPTIONS

WEDNESDAY

Animal Kingdom (Hybrid Program)

Education

10:00 AM - 11:00 AM

Embark on a virtual adventure to explore the fascinating world of animals! In this group, participants will learn about a variety of creatures from around the globe—discovering their habits, habitats, and unique characteristics. Each session offers an engaging, educational experience that sparks curiosity and expands knowledge about the animal kingdom in a fun and interactive way.

Res Social

Social Skills

10:30 AM - 12:00 PM

A welcoming group designed for clients in residences, with all community clients invited to join. This social gathering offers a chance to connect, play board games, and engage in fun activities. It's a relaxed, inclusive environment where participants can build friendships, share experiences, and enjoy meaningful interactions with others.

Culinary Creations

Skill Building Activity

2:00 PM - 4:00 PM | May 7th - August 20th (16 Weeks)

Fee: \$7 Drop-In| Full Session: \$112

A hands-on, skills-based cooking group where participants learn to prepare delicious recipes. Each session focuses on building cooking techniques and kitchen skills while creating tasty meals. Whether you're a beginner or experienced, this group offers a fun, supportive way to explore new recipes and enhance your culinary abilities.

Cheshire House

Recreation

2:00 PM - 4:00 PM | *Limited to the residents of Cheshire House*

This program is dedicated to bringing joy, companionship, and meaningful connections to the residents of Cheshire House. Designed as a social engagement initiative, our goal is to brighten each day with laughter, friendship, and enriching activities. The program will feature games, arts, crafts, and special events that promote a sense of community and well-being.



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IN-PERSON PROGRAM DESCRIPTIONS

THURSDAY

Musicology (Hybrid Program)

Education

10:00 AM - 11:00 AM

Dive into the rich world of music with this engaging group! Each session focuses on learning about different music artists, their history, and the impact they've had on various genres. From exploring unique instruments to understanding sound, rhythm, and harmony, this program offers a comprehensive look at the evolution of music and its cultural significance.

Bingo

Recreation

10:30 AM - 12:00 PM

Join us for a fun and interactive game of Bingo! This classic game offers an exciting opportunity to engage with others while enjoying friendly competition. Whether you're a seasoned player or new to the game, Bingo encourages socialization, attention, and quick thinking in a relaxed and supportive environment. Prizes await!

Artistically Yours

Skill Building Activity

1:00 PM - 3:00 PM

Unleash your creativity in this vibrant art group where participants explore various artistic mediums, including mixed media and painting. Whether you're a seasoned artist or just starting, this group offers a supportive space to experiment, learn new techniques, and express yourself through art. Let your imagination flow and discover the artist within!

Poker / Euchre / Dominoes

Social Skills

1:00 PM - 3:00 PM

Join us for a fun and engaging group where participants play a variety of classic games, including Poker, Euchre, and Dominoes. Whether you're experienced or just starting out, this group offers a great way to socialize, enhance strategic thinking, and enjoy friendly competition in a relaxed setting. Playing these games also helps improve cognitive skills, concentration, and memory, all while fostering a sense of community and connection.



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IN-PERSON PROGRAM DESCRIPTIONS

FRIDAY

The Ultimate Brew-Off

Social Skills

10:30 AM - 12:30 PM

Get ready for an exciting game show experience! Join us for large group games, a fresh cup of coffee, and plenty of fun in this interactive, high-energy group. With a focus on social participation, turn-taking, memory, and concentration, you'll feel like a contestant in a lively game show as you engage in friendly competition. It's a great way to stimulate cognitive functions, build community, and enjoy some lighthearted, low-pressure fun!

Dinner and Movie

Recreation

3:30 - 6:30 PM | May 9th - August 22nd (15 weeks, excluding Spring Fling on May 16th)

Fee: \$7 Drop-In | Full Session: \$105

Relax and unwind from the week with a movie night right here at our head office! Enjoy a delicious dinner served movie-theater style while watching a great film on the projector screen. After the movie, stick around to socialize, play board games, and enjoy some friendly fun. The movie starts at 3:30 PM and dinner is served around 5:00 PM.





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VIRTUAL PROGRAM DESCRIPTIONS

MONDAY

Monday Morning Kickoff

10:00 AM - 11:00 AM

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 AM - 12:00 PM

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 AM - 2:00 PM

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 PM - 3:30 PM

Experience the power of music as a tool for reflection, connection, and emotional well-being. In this group, participants take turns sharing meaningful songs and discussing what resonates with them, fostering self-expression, active listening, and deeper interpersonal connection. Mindful Music encourages emotional awareness, cognitive engagement, and a calming sense of presence, helping you tune into yourself and others in a supportive space.



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VIRTUAL PROGRAM DESCRIPTIONS

TUESDAY

Jumpstart

10:00 AM - 11:00 AM

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 2

11:00 AM - 12:00 PM (Starting May 13th, 2025)

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 Club

1:30 PM - 3:30 PM

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.





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VIRTUAL PROGRAM DESCRIPTIONS

WEDNESDAY

Animal Kingdom (Hybrid Program)

10:00 AM - 11:00 AM

Embark on a virtual adventure to explore the fascinating world of animals! In this group, participants will learn about a variety of creatures from around the globe—discovering their habits, habitats, and unique characteristics. Each session offers an engaging, educational experience that sparks curiosity and expands knowledge about the animal kingdom in a fun and interactive way.

Around The World

11:00 AM - 12:00 PM

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

1:30 AM - 2:30 PM

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

2:30 PM - 4:00 PM

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.



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VIRTUAL PROGRAM DESCRIPTIONS

THURSDAY

Musicology (Hybrid Program)

10:00 AM - 11:00 AM

Dive into the rich world of music with this engaging group! Each session focuses on learning about different music artists, their history, and the impact they've had on various genres. From exploring unique instruments to understanding sound, rhythm, and harmony, this program offers a comprehensive look at the evolution of music and its cultural significance.

Discovery

11:00 AM - 12:00 PM

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 PM - 3:00 PM

Drawing is not just a talent, but a skill that 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 PM - 4:00 PM

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.



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VIRTUAL PROGRAM DESCRIPTIONS

FRIDAY

Book Club

10:00 AM - 11:00 AM

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.

Drawing with Friends: Landscapes

11:00 AM - 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 PM - 2:00 PM

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 PM - 3:30 PM

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.



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SPECIAL EVENTS

Spring Fling 	Friday, May 16th, 2025 11:00 AM – 2:00 PM Alternate Weather Date: Thurs. May 22nd, 2025	Mind Forward Head Office 176 Robert Speck Pkwy Parking Lot. Cost: \$10
Lighting of the Clock Tower 	Wednesday, June 4th, 2025 5:00 PM - 7:30 PM	Celebration Square Cost: Free
Ukulele Performance 	Thursday, June 12th, 2025 11:00 AM - 12:00 PM	Mind Forward Head Office 176 Robert Speck Pkwy Cost: Free
Brush Strokes in the Park: Art Show 	Thursday, June 19th, 2025 11:00 PM - 2:00 PM	Mind Forward Head Office 176 Robert Speck Pkwy Cost: Free
Jack Astor's Lunch Out 	Thursday, June 26th, 2025 11:00 AM - 2:00 PM	Jack's Square One 219 Rathburn Rd W, Mississauga Cost: Pay As You Go
Annual Agency Picnic 	Friday, August 15th, 2025 11:00 AM - 2:00 PM	Lakefront Promenade Picnic Area A: 863 Hampton Cres, Mississauga Cost: Free

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.