



CENTRAL WEST DAY SERVICES CALENDAR SUMMER 2025

June 30th, 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 in the Central West. 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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Mind Forward is funded by



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CENTRAL WEST DAY SERVICES CALENDAR

SUMMER 2025

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How to Register

For the Summer 2025 calendar, registration is not required for scheduled programming. Please RSVP for special events to the Central West team:

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Payment Process

The special events may have a pay as you go cost attached to them. See page 5-6 for specifications.



CENTRAL WEST DAY SERVICES CALENDAR

SUMMER 2025

	MONDAY		TUESDAY		WEDNESDAY		FRIDAY	
9:00								
10:00								
	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			
Picnic in the Park 11:00 - 2:00 Chinguacousy Park								
		11:00						
					12:00			
		Games Group 12:30 - 3:00						
1:00	Men's Group 1:30 - 3:00		Games Group 1:00 - 3:00		Colourful Connections 1:00 - 2:30			
		2:00						
3:00								

Groups in ORANGE are psychosocial programs.

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.



CENTRAL WEST DAY SERVICES CALENDAR

SUMMER 2025

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







CENTRAL WEST DAY SERVICES CALENDAR

SUMMER 2025

SPECIAL EVENTS: Brampton (All Welcome!)

Dominoes Tournament 	Monday, June 30th, 2025 11:00 AM - 2:00 PM	Nance Horwood Place <i>529 Main St N, Brampton</i> Cost: \$5
Lunch Out: Swiss Chalet 	Wednesday, July 9th, 2025 11:30 AM – 2:00 PM	Swiss Chalet <i>370 Bovaird Dr. E, Brampton</i> Cost: Pay As You Go
 Movies at SilverCity Cinemas	Tuesday, July 22nd, 2025 Time: TBD	SilverCity Cinemas <i>50 Great Lakes Dr, Brampton</i> Cost: \$9.50
 Women's Group Special Event	Wednesday, August 6th, 2025 Time: 10:00 AM - 1:00 PM	Nance Horwood Place <i>529 Main St N, Brampton</i> Cost: TBD
Lunch Out: East Side Mario's 	Wednesday, August 13th, 2025 11:30 AM - 2:00 PM	East Side Mario's <i>130 Great Lakes Dr, Brampton</i> Cost: Pay As You Go
 Movies at SilverCity Cinemas	Tuesday, August 19th, 2025 Time: TBD	SilverCity Cinemas <i>50 Great Lakes Dr, Brampton</i> Cost: \$9.50



CENTRAL WEST DAY SERVICES CALENDAR

SUMMER 2025

SPECIAL EVENTS: Orangeville/CW (All Welcome!)

Ribfest 	<p>Friday, July 18th, 2025 Time: 4:00 PM - 6:00 PM</p>	<p>Alder St. Community Centre 275 Alder St, Orangeville</p>
Dinner Out: Boston Pizza 	<p>Monday, July 21st, 2025 5:00 - 7:00</p>	<p>Boston Pizza 5 Buena Vista Dr., Orangeville Cost: Pay As You Go</p>
Sunflower Fields 	<p>Friday, August 8th, 2025 11:00 AM - 1:00 PM</p>	<p>Campbell's Cross Farm 3634 King St, Inglewood Cost: TBD</p>
Dinner Out: Swiss Chalet 	<p>Monday, August 18th, 2025 5:00 - 7:00</p>	<p>Swiss Chalet 93 First St, Orangeville Cost: Pay As You Go</p>





CENTRAL WEST DAY SERVICES CALENDAR

SUMMER 2025

IN-PERSON PROGRAM 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

Nance Horwood Place (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

Nance Horwood Place (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.

Queen's Social

Nance Horwood Place (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.



IN-PERSON PROGRAM DESCRIPTIONS

Colourful Connections

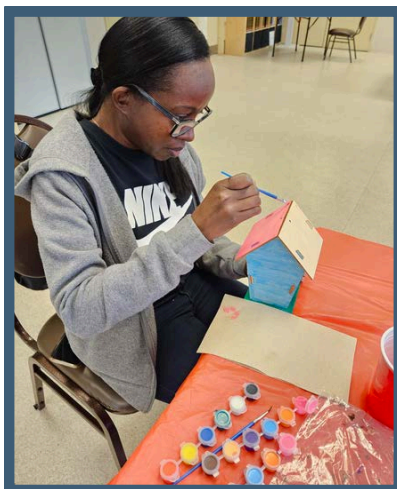
Nance Horwood Place (529 Main St. N), Brampton

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.

Picnic in the Park

Chinguacousy Park, 225 Central Park Dr, Brampton (Fire Education Building)

This group is designed for participants who are interested in building social connections and enhancing everyday skills in a supportive community setting. Participants have the opportunity to develop communication, problem-solving, planning, and social interaction skills, through our interactive nature walks, and games. The group promotes well-being, independence, and community participation in a relaxed and inclusive environment. Don't forget to bring your lunch!





CENTRAL WEST DAY SERVICES CALENDAR

SUMMER 2025

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 PM - 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.



CENTRAL WEST DAY SERVICES CALENDAR

SUMMER 2025

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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SUMMER 2025

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 PM - 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.



CENTRAL WEST DAY SERVICES CALENDAR

SUMMER 2025

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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SUMMER 2025

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.