



## HALTON DAY SERVICES CALENDAR SUMMER 2025

June 30<sup>th</sup> - August 22<sup>nd</sup>, 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.

*Kannan*

### Kannan Ganapathy

Senior Manager, Day Services  
Kannan.Ganapathy@mindforward.org  
905-949-4411 ext. 263

### Oreeda Khan

Manager, Halton & Central West  
Day Services  
Oreeda.Khan@mindforward.org  
905-949-4411 ext. 223

### Marcia Sandoval

Manager, Mississauga Day  
Services  
Marcia.Sandoval@mindforward.org  
905-949-4411 ext. 227

Mind Forward is funded by



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# HALTON DAY SERVICES CALENDAR

## SUMMER 2025

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### How to Register

For the Summer 2025 calendar, registration is only required for the *Neuroboxing* program, which only has 9 spots available. To reserve your place, please contact the Halton team directly:

**Darryl Clarence**

Darryl.Clarence@mindforward.org  
905-464-1340

**Natasha Pastores**

Natasha.Pastores@mindforward.org  
905-464-1044

### Payment Process

Payments for paid groups can be made via cash, cheque, or e-transfer to [payments@mindforward.org](mailto:payments@mindforward.org). Fitness groups at the YMCA require a membership, speak to a member of the Halton team about discounted memberships.



# HALTON DAY SERVICES CALENDAR

## SUMMER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00	<b>Senior Smiles</b> Allendale LTC 10:00-11:30	<b>Mall Meetup</b> Oakville Place 10:00-12:00	<b>Pickleball</b> Pickle X 10:30 - 11:30	<b>Gentle Fit</b> YMCA 10:30 - 11:15	<b>Oakville Outings</b> Community 10:00 - 12:00
11:00				<b>Artistically Yours</b>  YMCA 10:30 - 12:00	
12:00			<b>Basketball</b> YMCA 11:15 - 12:00		
1:00	<b>Challenge Golf</b> Tee Zone 1:00-2:30	<b>Neuroboxing</b> JTI Boxing 1:30-2:30	<b>Swimming</b> YMCA 1:00 - 2:00	<b>Move-ment Matters</b> Palermo Village 1:00-3:00	<b>Milton Meetups</b> Milton Cafés 1:00-3:00
2:00			<b>Bite 'n' Coffee</b> Mrakovic Fine Food 2:00 - 3:30	<b>Res Support West</b> 1:00-3:00	
3:00				<b>Charter Ability Cruises</b> See Page 6 for Start Times	

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

### Program Locations in Oakville:

**Tee Zone:** 4105 Bronte Rd.

**Oakville Place Mall:** 240 Leighland Ave.

**JTI Boxing Gym:** 504 Iroquois Shore Rd.

**Pickle X:** 2030 Speers Rd.

**Oakville YMCA:** 410 Rebecca St.

**Mrakovic Fine Foods:** 220 North Service Rd.

**Palermo Village:** 3136 Dundas St W.

**Charter Ability Cruises:** 128 Water St.



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## 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**







# HALTON DAY SERVICES CALENDAR

## SUMMER 2025

### Group Descriptions

#### Senior Smiles

**Mondays 10:00 - 11:30 & Thursdays 10:30 - 12:00**

**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.

#### Challenge Golf (Group Full - Waitlist in Effect)

**Mondays 1:00 - 2:30**

**Tee Zone Driving Range, Oakville**

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. No Fee thanks to a partnership with Challenge Golf!

#### Mall Meetup

**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!

#### Neuroboxing

**Tuesdays 1:30-2:30 Starting July 8<sup>th</sup>**

**JTI Boxing Studio**

***Cost: 60\$ (8 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.



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### Group Descriptions

#### Pickleball

**Wednesdays 10:30-11:30**

**Pickle X, Oakville**

Join us for a fun and engaging game of pickleball at PickleX, where all skill levels are welcome. Whether you're a seasoned player or trying it for the first time, this is a great way to stay active, learn something new, and enjoy friendly competition. Equipment is provided, and staff will be there to support you throughout the session.

#### 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.

#### Bite 'n' Coffee

**Wednesdays 2:00-3:30**

**Mrakovic Fine Foods, Oakville**

Take a break and enjoy a relaxing social hour at Mrakovic Fine Foods. This group is all about good conversation, light snacks, and connecting with peers in a welcoming and comfortable setting. Whether you're chatting over coffee or just enjoying the atmosphere, it's a great way to unwind and build relationships. No pressure - just good vibes and great company.



# HALTON DAY SERVICES CALENDAR

## SUMMER 2025

### Group Descriptions

#### **Artistically Yours**

**Thursdays 10:30-12:00**

**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.

#### **Residential Support**

**Thursday 1:00 - 3:00**

**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.

#### **Movement Matters**

**Thursdays 1:00-3:00**

**Palermo Village, Oakville**

Curated by Lifemark's Wellness Program and supported by Mind Forward staff, this gentle exercise group focuses on improving balance, flexibility, and strength. Sessions include modified tai chi, seated yoga, fall prevention techniques, and low-impact intentional movements, with optional light weights.

#### **Oakville Outings**

**Fridays 10:00-12:00**

**Oakville Community, See Page 9.**

Explore the Oakville community through a variety of seasonal outdoor activities like fishing, hiking, frisbee, or grabbing a coffee. Each outing offers a chance to socialize and try something new.

#### **Milton Meetups**

**Fridays 1:00-3:00**

**Milton Cafés**

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!



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### Charter Ability Cruises

#### Thursdays Afternoons

##### 128 Water St., Oakville Harbour

Set sail on a relaxing and scenic cruise across Lake Ontario with CharterAbility. These accessible boat rides offer a peaceful way to enjoy the outdoors, take in the views, and share laughs with peers. Staff will be on board to ensure comfort and safety, making it a smooth and enjoyable experience for everyone. It's a perfect summertime escape on the water. RSVP with Darryl.

#### Charter Abilities Times:

June 26<sup>th</sup> – 2:00 PM.

July 3<sup>rd</sup> – 1:30 PM.

July 24<sup>th</sup> – 3:00 PM.

July 31<sup>st</sup> – 3:00 PM.

August 28<sup>th</sup> – 3:00 PM.

### Special Events

#### Chudleigh's Farm

July 11<sup>th</sup> from 1:00 - 4:00 PM.

9528 Regional Rd 25, Milton

Only 15 spaces available, RSVP with Natasha.



### Oakville Outings

July 4<sup>th</sup> – Ice Cream Social

July 25<sup>th</sup> – Brunch at Mo's Family Restaraunt

August 1<sup>st</sup> – Frisbee Golf at Bronte Provincial

August 15<sup>th</sup> – Fishing Trip Oakville Harbour

August 29<sup>th</sup> – Lions Valley Hike





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## 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.



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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 13<sup>th</sup>, 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 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.



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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.