



DAY SERVICES CALENDAR

FALL/WINTER 2025

September 2nd, 2025 - December 19th, 2025



YOUR COZY SEASON GUIDE

As the days grow cooler and the seasons shift, we're excited to welcome you to our Fall & Winter Calendar! These months bring the perfect chance to slow down, connect with others, and try something new, whether you're joining us in-person or from the comfort of home.

Our Day Services team has put together a wonderful variety of programs to keep your mind active, your creativity flowing, and your spirits high. From hands-on projects and learning opportunities to social gatherings and moments of laughter, there's something here for everyone.

We're so grateful to have you as part of the Mind Forward community, and we can't wait to share these cozy, inspiring months together.

- Day Services

www.mindforward.org

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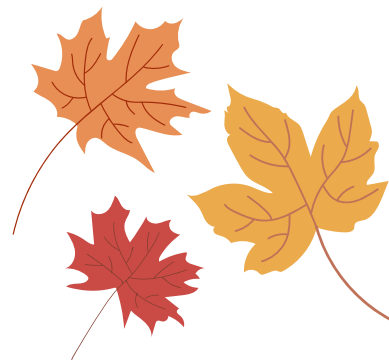
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Registration

- Fill out the registration form for the groups you want to join (link below or in your email). You'll get an email copy of your form with the total amount due, if applicable.
- Pay by cash, cheque, or e-transfer to payments@mindforward.org.
- For help with registration or payment, talk to your manager or the Day Services team.

<https://www.cognitoforms.com/MindforwardBrainInjuryServices1/MindForwardFallProgramRegistrationSeptDec2025>



Head Office Drop-In Schedule

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 will need to wait in the reception area. Also, please schedule rides for pick-up from head office no later than 3:30 PM - 4:00 PM.

MONDAY

12:00 PM – 4:00 PM

TUESDAY

10:00 AM – 4:00 PM

WEDNESDAY

10:00 AM – 4:00 PM

THURSDAY

10:00 AM – 4:00 PM

FRIDAY

10:00 AM – 4:00 PM





The Arts

Art programs are a powerful tool for individuals with ABI. Creative expression through art helps clients process emotions and stimulates cognition by improving focus, memory, and problem-solving. Engaging in drawing, painting, and sculpting encourages neuroplasticity, reduces stress, provides an outlet for clients, and allows them to gain confidence through skill rebuilding.

Mississauga	Halton	Central West
<ul style="list-style-type: none">• Colourful Minds• Maker's Market• Artistically Yours	<ul style="list-style-type: none">• Maker's Market• Artistically Yours	<ul style="list-style-type: none">• Colourful Connections

Skill-Building/Educational

Skill-building activities support the recovery of physical and cognitive abilities through repetition and guided practice. They help enhance attention, memory, coordination, and problem-solving, while also boosting confidence by giving clients a sense of purpose and personal growth.

Mississauga	Halton	Central West
<ul style="list-style-type: none">• Ukulele Program• Musicology• Baking Group (\$) Cost: 16 Weeks: \$112 Walk-Ins: \$7• Culinary Creations (\$) Cost: 16 Weeks: \$112 Walk-Ins: \$7	<ul style="list-style-type: none">• Cook 'n' Carry (\$) Cost: 16 Weeks: \$160 Walk-Ins: \$10	<ul style="list-style-type: none">• Cooking Club (\$) Cost: 16 Weeks: \$160 Walk-Ins: \$10



Physical Activity

Physical activities are designed to improve blood flow, enhance strength and coordination, and boost cognitive function. It also helps to reduce stress, lifts moods, and prevents secondary health issues. Regular exercise promotes recovery, confidence, and overall well-being in ABI clients.

Mississauga	Halton	Central West
<ul style="list-style-type: none">• Fun & Fitness• Bowling (\$) Cost: 14 Weeks: \$189.60	<ul style="list-style-type: none">• Challenge Golf• Gentle Fit (M)• Basketball (M)• Aqua Fit (M)• Oakville Stokers• Neuroboxing (\$) Cost: 16 Weeks: \$150	<ul style="list-style-type: none">• Orangeville Walking Group• Fun & Fitness• Mall Walkers

Recreation/Social

Recreational and social programs offer low-pressure opportunities to make meaningful connections with peers, reduce isolation, and improve social communication skills. These sessions help build confidence, strengthen relationships, and create a sense of belonging to support a positive social circle for clients.

Mississauga	Halton	Central West
<ul style="list-style-type: none">• Mindful Music• Cineplex Movies (\$)• Res Social• Bingo• Poker/Euchre/ Dominoes• Brunch & Movie (\$) Cost: 16 Weeks: \$112 Walk-Ins: \$7	<ul style="list-style-type: none">• Mall Meetup• Milton Meetups	<ul style="list-style-type: none">• Tea + Chat• Orangeville Games• Brampton Games

Descriptions: In-Person Programs

● Head Office

● Halton

● Central West

MONDAY

Colourful Minds: Explore creativity and self-expression through painting.

Bowling: Enjoy friendly competition and social connection at Classic Bowl's lanes.

Fun & Fitness: Stay active with light, energizing exercises for all abilities.

Mindful Music: Share a favourite song and enjoy listening to music chosen by others.

Maker's Market: Create and decorate simple wooden crafts for a fun, hands-on experience.

Challenge Golf: Practice your swing and putting in a fun golf challenge.

Orangeville Walking: Stay active and get your steps in with good company.

Orangeville Games: Challenge friends to classic board games.

TUESDAY

Baking Group: Learn and practice baking simple, tasty recipes.

Ukulele Program: Learn to play songs on the ukulele in a fun group setting.

Cineplex Movies: Enjoy a movie outing and social time with friends.

Mall Meetup: Connect with others while exploring local shops together.

Cook n Carry: Learn to cook easy meals and bring them home to enjoy.

Tea & Chat: Relax over tea and friendly conversation.

Fun & Fitness: Stay active with light, energizing exercises for all abilities.

Brampton Games: Challenge friends to classic board games.

WEDNESDAY

Res Social: Meet and connect with others in a relaxed social setting.

Maker's Market: Create and decorate simple wooden crafts for a fun, hands-on experience.

Culinary Creations: Learn new cooking skills while making delicious dishes.

Gentle Fit: Stay active with light, energizing exercises for all abilities.

Basketball: Shoot hoops and enjoy friendly games on the court.

Aqua Fit: Stay active with low-impact water-based exercises.

Queen's Social: Connect and unwind with friendly conversation and activities.

Colourful Connections: Explore creativity through fun, engaging art projects.

THURSDAY

Musicology: Learn about music history through listening and discussion.

Bingo: Enjoy a fun game of bingo and social time with others.

Poker/Euchre/Dominoes: Play cards and dominoes in a friendly, social setting.

Artistically Yours: Express yourself through creative art projects at head office.

Artistically Yours: Express yourself through creative art projects at the Oakville YMCA.

Gentle Fit: Stay active with light exercises for all abilities. Membership not required.

Neuroboxing: Learn boxing techniques to boost strength, balance, and coordination.

Mall Walkers: Walk together while enjoying conversation and connection.

FRIDAY

Brunch & Movie: End the week by enjoying a movie and nice brunch with peers.

Oakville Stokers: Stay active with low-impact water-based exercises.

Milton Meetups: Connect and unwind with friendly conversation at rotating Milton cafés.

Cooking Club: Learn new cooking skills while making delicious dishes.



MIND FORWARD DAY SERVICES CALENDAR

FALL/WINTER 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
Photography	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



All up-to-date information about virtual programs can be found on the webpage:

<https://mindforward.org/virtual-events/>

The Zoom link is always the same link for all virtual programs:

<https://us06web.zoom.us/j/87690296981>

The password for all virtual programs is the same:

2021



Descriptions: Virtual Programs

MONDAY

Weekly Kick-Off: Start off your week with a positive check-in and upcoming updates.
Brain Teasers: Challenge your mind with fun puzzles, riddles, and logic games.
Pet Corner: Connect over cute animals, adorable pictures, and shared stories about pets.
Mindful Music: Share a favourite song and enjoy listening to music chosen by others.

TUESDAY

Jump Start: Boost your energy with light cognitive and movement-based activities.
Life Kit 2: Build everyday life skills to support independence and confidence.
Water Colouring Club: Enjoy a relaxing hour of watercolor painting & creativity from home

WEDNESDAY

Animal Kingdom: Discover fascinating creatures from around the world.
Around the World: Take a virtual trip across the globe through culture, geography, and trivia.
Afternoon Trivia: Test your knowledge and have fun with themed trivia games each week.
Photography: Learn techniques, capture moments, and share your passion for photography.

THURSDAY

Musicology: Explore documentaries about legendary musicians and their impact.
Discovery: Uncover fun facts, strange phenomena, and thought-provoking topics.
Drawing with Friends: Create beautiful art and share with others in a guided session.
Movie Club: Watch and discuss a new movie each week with fellow film lovers.

FRIDAY

Book Club: Share your thoughts and connect over books in a friendly, guided discussion.
Drawing with Friends Landscapes: Create beautiful landscapes in a guided session.
Afternoon Jumpstart: Get moving with gentle exercises to re-energize your day.
Creative Writing: Express yourself through short writing prompts and guided story-building.



MISSISSAUGA DAY SERVICES CALENDAR

FALL/WINTER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00					
10:00	Colourful Minds 10:00 - 11:30			Music-ology (H) 10:00 - 11:00	
11:00	Bowling (Classic Bowl) (\$) 11:00 - 12:00	Baking Group (\$) 10:30 - 12:00	Res Social 10:00 - 12:00	Bingo 10:30 - 12:00	Brunch & Movie (\$) 11:00 - 2:00
12:00					
1:00	Fun & Fitness 1:00 - 2:00	Ukulele Program 1:00 - 2:00		Poker/ Euchre/ Dominoes 1:00 - 3:00	
2:00	Mindful Music (H) 2:00 - 3:30		Culinary Creations (\$) 2:00 - 4:00	Artistically Yours 1:00 - 3:00	
3:00					
4:00		Cineplex Movies (Rathburn Theatre) (\$) 3:30 - 6:30			
5:00					

(H) indicates hybrid programs offered both virtually and at Head Office.

(\$) indicates paid groups.



HALTON DAY SERVICES CALENDAR

FALL/WINTER 2025

MONDAY		TUESDAY	WEDNESDAY	THURSDAY		FRIDAY
						Oakville Stokers Glen Abbey 9:30 - 12:30
10:00	Maker's Market St. Luke's 10:00 - 12:00	Mall Meetup Oakville Place 10:00 - 12:00	Gentle Fit (M) YMCA 10:30 - 11:15	Artistically Yours YMCA 10:30 - 12:00		
11:00			Basketball (M) YMCA 11:15 - 12:00			
12:00						
1:00	Challenge Golf Tee Zone/ Birdies Oakville 1:00 - 3:00		Aqua Fit (M) YMCA 1:00 - 3:00	Gentle Fit YMCA 1:00 - 3:00	Neuro-boxing (\$) JTI Boxing 1:30 - 2:30	Milton Meetups Milton Cafés 1:30 - 3:30
2:00		Cook 'n' Carry (\$) St. Luke's 2:00 - 4:00				
3:00						

(M) indicates programs that require a membership, speak to a Halton Day Services staff for discounted rates.

(\$) indicates paid groups.

Program Locations:

Tee Zone: 4105 Bronte Rd, Oakville.

Birdies Golf: 504 Iroquois Shore Rd Unit 8, Oakville.

Oakville Place Mall: 240 Leighland Ave, Oakville.

St. Luke's: 3114 Dundas St, Oakville.

YMCA: 410 Rebecca St, Oakville.

JTI Boxing: 504 Iroquois Shore Rd Unit 10, Oakville.

Glen Abbey: 1415 Third Line, Oakville.

Milton Cafés: Rotating café locations in Milton.



CENTRAL WEST DAY SERVICES CALENDAR

FALL/WINTER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00	Orangeville Walking Group Island Lake/ Alder St. Recreation Centre 10:00 - 12:00	Tea & Chat Nance Horwood Place 10:30 - 12:00	Queen's Social Nance Horwood Place 10:30 - 12:00	Mall Walkers Bramlea City Centre 10:30 - 12:00	
11:00					
12:00	Orangeville Games Alder St. Recreation Centre 12:30 - 3:00				
1:00		Fun & Fitness Nance Horwood Place 1:00 - 2:00	Colourful Connections Nance Horwood Place 1:00 - 3:00		Cooking Club (\$) Nance Horwood Place 1:00 - 3:00
2:00		Brampton Games Nance Horwood Place 2:00 - 3:30			
3:00					

(\$) indicates paid groups.

Program Locations:

Island Lake: Meet at Zehr's Parking Lot (50 4th Ave, Orangeville).

Alder Street Recreation Centre: 275 Alder St, Orangeville.

Nance Horwood Place: 529 Main St N, Brampton.

Bramlea City Centre: 25 Peel Centre Dr, Brampton.



MIND FORWARD DAY SERVICES CALENDAR

FALL/WINTER 2025

Special Events

Brunch & Movie Special: Thanksgiving Lunch

Friday, October 3rd, 2025, 12:00 PM - 2:00 PM
Head Office, 176 Robert Speck Parkway, Mississauga

Pre-registered 'Brunch & Movie' members: Free | Non-members: \$10

Brunch & Movie Special: Halloween Party

Friday, October 31st, 2025, 12:00 PM - 2:00 PM
Head Office, 176 Robert Speck Parkway, Mississauga

Pre-registered 'Brunch & Movie' members: Free | Non-members: \$10



Agency Holiday Dinner

Thursday, December 4th, 2025, 5:00 PM - 8:00 PM
Candles Banquet Hall, 1224 Dundas St E, Mississauga



Central West Holiday Potluck

Monday, December 8th, 2025, Time: TBD
Alder St. Recreation Centre, Orangeville

Brunch & Movie Special: Holiday Lunch

Friday, December 12th, 2025, 12:00 PM - 2:00 PM
Head Office, 176 Robert Speck Parkway, Mississauga

Pre-registered 'Brunch & Movie' members: Free | Non-members: \$10

Stay tuned for more details on special events.