



DAY SERVICES CALENDAR

WINTER 2026

January 12 - April 24, 2026



YOUR WINTER PROGRAM GUIDE

We are pleased to share our offering of programs for this upcoming Winter Calendar.

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

We are glad to have you as part of the Mind Forward Community, and hope you enjoy the next few months of engagement!

- Day Services

www.mindforward.org

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Registration

- Fill out the registration form for the groups you want to join (link below or in your email).
- 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://forms.cloud.microsoft/r/Y13G6CTFFU?origin=IprLink>



Head Office Drop-In Schedule

We are pleased to share that we will be expanding our hours and will open at 9:30 am, Tuesday through Friday, in 2026. 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. 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

9:30 AM – 4:00 PM

WEDNESDAY

9:30 AM – 4:00 PM

THURSDAY

9:30 AM – 4:00 PM

FRIDAY

9:30 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: 15 Weeks: \$105 Walk-Ins: \$7• Culinary Creations (\$) Cost: 15 Weeks: \$105 Walk-Ins: \$7	<ul style="list-style-type: none">• Cook 'n' Carry (\$) Cost: 15 Weeks: \$150 Walk-Ins: \$10	<ul style="list-style-type: none">• Cooking Club (\$) Cost: 15 Weeks: \$150 Walk-Ins: \$10• Reading Group



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: 15 Weeks: \$203.10	<ul style="list-style-type: none">• Challenge Golf• Gentle Fit (M)• Basketball (M)• Aqua Fit (M)• Oakville Stokers• Neuroboxing (\$) Cost: 10 Weeks: \$150	<ul style="list-style-type: none">• Orangeville Walking Group• Brampton Walking Group• Fun & Fitness

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. Please see pages 12 - 13 for additional social events and outings.

Mississauga	Halton	Central West
<ul style="list-style-type: none">• Mindful Music• Cineplex Movies (\$)• Res Social• Bingo• Poker/Euchre/ Dominoes• Brunch & Movie (\$) Cost: 7 Weeks: \$49 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.

Brampton Walking Group: Walk together while enjoying conversation and connection.
Book Club: Share your thoughts and connect over books in a friendly, guided discussion.
Fun & Fitness: Stay active with light, energizing exercises for all abilities.

FRIDAY

Brunch & Movie: End the week by enjoying a movie and nice brunch with peers.
Massage Therapy Program: Massage Therapy Program for clients, facilitated by Humber College.

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

WINTER 2026

Virtual Program Schedule

MONDAY

Weekly Kick-Off	10:00 - 11:00
Brain Teasers	11:00 - 12:00
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
Engaging With Technology	2:00 - 3:00

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

Meditation & Self-Discovery	10:00 - 11:00
Book Club	11:00 - 12:00
Afternoon Jumpstart	1:30 - 2:30
Trivia	2:30 - 4:00



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.
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 3: 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.
Engaging with Technology: Learn about all thing technology and engaging with it.

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

Meditation & Self-Discovery: Learn the concepts of Meditation and self-discovery in weekly educational sessions.
Book Club: Share your thoughts and connect over books in a friendly, guided discussion.
Afternoon Jumpstart: Get moving with gentle exercises to re-energize your day.
Trivia: Test your knowledge and have fun with themed trivia games each week.



MISSISSAUGA DAY SERVICES CALENDAR

WINTER 2026

	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	Artistically Yours 1:00 - 3:00
2:00	Mindful Music (H) 2:00 - 3:30		Culinary Creations (\$) 2:00 - 4:00		Massage Therapy Program 12:30 - 1:30 2:00 - 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.



CENTRAL WEST DAY SERVICES CALENDAR

WINTER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00	Orangeville Walking Group Alder St. Recreation Centre 10:30 - 12:00	Tea & Chat Nance Horwood Place 10:30 - 12:00	Queen's Social Nance Horwood Place 10:30 - 12:00	Fun & Fitness Save Max Sports Centre 10:00 - 11:00	
11:00				Book Club Save Max Sports Centre 11:00 - 12:00	
12:00					
1:00	Orangeville Games Alder St. Recreation Centre 12:30 - 3:00	Fun & Fitness Nance Horwood Place 1:00 - 2:00	Colourful Connections Nance Horwood Place 1:00 - 3:00	Brampton Walking Group* Save Max Sports Centre 1:00 - 3:00 PM	Cooking Club (\$) Nance Horwood Place 1:00 - 3:00
2:00		Brampton Games Nance Horwood Place 2:00 - 3:00			
3:00					

(\$) indicates paid groups. * Brampton Walking Group is pay as you go.

Program Locations:

Alder Street Recreation Centre: 275 Alder St, Orangeville.

Nance Horwood Place: 529 Main St N, Brampton.

Save Max Sports Centre: 1495 Sandalwood Parkway East, Brampton.



HALTON DAY SERVICES CALENDAR

WINTER 2026

	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 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:

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.



MIND FORWARD DAY SERVICES CALENDAR

WINTER 2026

OUTINGS & SPECIAL EVENTS

MISSISSAUGA

Friday January 23, 2026 - Jack Astor's Lunch
Outing, 219 Rathburn Rd. W
12:00 - 2:00 PM

Friday March 27, 2026 - The Mandarin
Lunch Outing, 87 Matheson Blvd E.
12:00 - 3:00 PM

Friday April 17, 2026 - Boston Pizza
Lunch Outing, 35 Square One Dr.
12:00 - 2:00 PM

Friday February 13, 2026
Caribbean Vibes Lunch 12:00 - 2:30 PM

Tuesday March 17, 2026
St. Patrick's Day Celebration
2 - 3 PM

Thursday, April 9, 2026
Welcoming Spring Client Art Show
2 - 8 PM

CENTRAL WEST - BRAMPTON

Thursday January 22, 2026
Swiss Chalet Lunch Outing, 370 Bovaird Dr. E,
11:30 AM - 2:00 PM

Wednesday February 11, 2026
Red Lobster, 368 Queen St E
11:30 - 2:00 PM

Wednesday February 18, 2026
Dominos Tournament, 529 Main St. N

Wednesday March 11, 2026
Mandarin Lunch Outing, 238 Biscayne Dr,
11:30 - 2:00 PM

Wednesday April 8, 2026
Montana's Lunch Outing, 170 Great Lakes
Drive Dr, 11:30 - 2:00 PM

Movie Outings: Silvercity Brampton,
50 Great Lakes Dr.
January 27, February 17, March 17, April 21



MIND FORWARD DAY SERVICES CALENDAR

WINTER 2026

OUTINGS & SPECIAL EVENTS

CENTRAL WEST - ORANGEVILLE

Monday January 19, 2026 - Angel's Diner
Lunch Outing, 33 Broadway
12:30 - 3:00 PM

Monday, February 23, 2026 - Montana's Lunch
Outing, 111 5th Ave.
12:30 - 3:00 PM

Monday March 16, 2026 - Chuck's
Lunch Outing, 224 Centennial Rd.
12:30 - 3:00 PM

Monday April 20, 2026-The Hatter Dinner
Outing, 101 First Street
5:00 - 7:00 PM

HALTON

Friday March 20, 2025 - Maple Syrup Festival,
Bronte Creek Provincial Park
10:00 AM - 3:00 PM

Friday April 24, 2025 - Lunch Outing &
Burlington Art Gallery
10:00 AM - 2:00 PM



All special events and outings require registration. All outings are pay as you go.