



DAY SERVICES CALENDAR FALL 2026

September 8 - December 18



*Every falling leaf is a reminder
that transformation takes time,
patience and purpose*



Table of Contents

- FAQ 3
- Programs Key Areas 4
- Head Office Drop-In Schedule 5
- Virtual Programs 6-7
- Mississauga Programs 8-9
- Central West Programs 10-11
- Halton Programs 12-13
- Outings & Special Events 14
- Meet Our Team 15

Sign Up

1. Scan the **QR Code** or go to the **Link**
2. Fill Out Form
3. Press Submit
4. Join Programs!

<https://forms.cloud.microsoft/r/FMHUL1S5wJ>





FAQ

REGIONS

- Mississauga
- Halton (Oakville, Milton)
- Central-West (Brampton, Orangeville)

SERVICES

- In-person / Virtual
- Community-Hub (Drop-In)
- Community- Based

COST

- Free Programs Available
- Fee- Based Programs Available
 - Payments accepted by:
 - Cheque
 - E-Transfer
(payments@mindforward.org)

REGISTRATION REQUIRED

- All in-person programs
- Special Events

• **Due to limited spaces, registration does not guarantee placement.*

• **Cash Accomodation is on a case-by-case basis. Please reach out a Day Services Manager, if this is needed.*



Key Program Areas

COGNITIVE

Activities that support memory, attention, problem-solving, planning, and other thinking skills used in everyday life.

PHYSICAL

Activities that support movement, fitness, balance, and coordination to help maintain physical health and well-being.

EMOTIONAL

Activities that provide opportunities for creativity and relaxation while supporting overall well-being.

SOCIAL

Activities that encourage interaction with others, communication, and participation in group and community settings.





COMMUNITY HUB (DROP-IN)

WHO CAN JOIN?

All Mind Forward clients

WHAT IS THE COMMUNITY HUB?

A drop-in space for clients to socialize & connect with others

WHERE IS IT?

Mississauga (Head Office)
176 Robert Speck Parkway
Mississauga, ON, L4Z 3G1

WHEN IS IT?

MONDAY:	9:30 am - 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



VIRTUAL PROGRAMS FALL 2026

SEPTEMBER 8 - DECEMBER 18

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Recharge 10:00 am – 11:00 am	Jumpstart 9:30 am – 10:15 am	Thinking Spot 10:00 am – 11:00 am	Discovery 10:00 am - 11:00 am	Book Club 10:00 am – 11:00 am
Thinking Spot 11:00 am – 12:00 pm	Animal Kingdom 11:00 am – 12:00 pm	Around the World 11:00 am – 12:00 pm	True Crime 11:00 am – 12:00 pm	Creative Writing 11:00 am – 12:00 pm
Mindful Music (H) 1:30 pm – 3:00 pm	Museum Wanderers 2:00 pm – 3:00 pm	Movie Club 3:00 pm – 4:00 pm	Drawing with Friends 2:00 pm – 3:00 pm	Fun & Fitness 2:00 pm - 3:00 pm

Virtual Link:

<https://mindforward.communitycareconnection.com/rooms/day-services-virtual-programsa6090746-1222-4962-8e8d-3922c81f8ab1?roomName=Day%20Services%20Virtual%20Programs>

Virtual Program Calendar

Group Descriptions

Monday Recharge

A balanced start to the week combining social connection with light movement to boost energy and mood.

Thinking Spot

A fun and stimulating mix of brain teasers, trivia, and games designed to keep your mind sharp.

Mindful Music (H)

A hybrid program exploring music, its history, and meaningful songs in a relaxed and engaging way.

Jumpstart

Jumpstart your day with light cognitive and movement-based activities to warm your body and mind.

Animal Kingdom

Discover fascinating animals from all around the world.

Museum Wanderers

Explore different exhibitions and installations from famous museums around the world.

Drawing with Friends

A virtual art group where all skill levels come together to learn and practice drawing.

Book Club (H)

A collaborative hybrid group where participants choose a book, read it, and discuss it together.

Around the World

A program that travels virtually across the globe to explore cultures, places, and new perspectives

Discovery

A program to dive into meaningful conversations, debates, and topics that go beyond everyday discussions.

True Crime

A program to explore true crime stories and bring discussion to global cases.

Movie Club

A collaborative group where participants choose a movie, watch it, and discuss it together.

Creative Writing

A program to unlock your creativity through guided writing and storytelling in a supportive environment.

Fun & Fitness

Enjoy easy and accessible workouts that help to strengthen your body.



MISSISSAUGA DAY SERVICES CALENDAR

SEPTEMBER 8- DECEMBER 18, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Moves 9:30am - 9:45am Colourful Minds 10:00am - 12:00pm Classic Bowl (\$) 11:00am - 12:00pm	Morning Moves 9:30am - 9:45am Think & Write 10:00am - 11:00pm Let's Lego 11:00am - 12:00pm	Morning Moves 9:30am - 9:45am Life Skills 10:00am - 11:00am Social Group 11:00am - 12:00pm	Morning Bites 9:30am - 10:15am Bingo 10:30am - 12:00pm	Morning Moves 9:30am - 9:45am Movie Coffee Club 10:00am - 12:00pm
LUNCH 12:00pm - 1:00pm	LUNCH 12:00pm - 1:00pm	LUNCH 12:00pm - 1:00pm	LUNCH 12:00pm - 1:00pm	LUNCH 12:00pm - 1:00pm
Mindful Music 2:30pm - 3:30pm Cooking Skills 2:30pm - 4:00pm Limited Spaces	Fun & Fitness 1:00pm - 2:00pm Baking Skills 2:00pm - 4:00pm Limited Spaces Cinema Club (\$) 3:30pm - 6:00pm	Maker's Craft 1:00pm - 2:30pm Dine & Chat 3:00pm - 6:00pm Culinary Creations Limited Spaces 3:00pm - 5:00pm	Artistically Yours 1:00pm - 3:00pm	Euchre & Poker 1:00pm - 3:00pm
				Board Games 1:30pm - 2:30pm Ukulele 2:30pm - 3:30pm

- (H) = Available in person and online
- (\$) = Paid program
- (Limited spaces) = Registration does not guarantee a spot. Confirmation is required.

MISSISSAUGA DAY SERVICES CALENDAR

Group Descriptions

Colorful Minds

A program exploring different art mediums through guided, step-by-step projects.

Mindful Music

A hybrid program exploring music, its history, and meaningful songs in a relaxed and engaging way.

Culinary Creations

For more experienced cooks, try a laid-back social way of cooking.

Morning Moves

A program to start your day with a refreshing walk or move around alongside a facilitator.

Morning Bites

Enjoy some light snacks and coffee before the day begins. Sponsored by the Psychosocial Team!

Let's Lego

A program that builds unique and imaginative structures beyond the basics.

Fun and Fitness

A high-energy workout combining weights, cardio, and interval training for active participants.

Baking Skills / Cooking Skills

A skill based program where you learn to prepare and cook / bake delicious food under instructor guidance.

Maker's Crafts

A hands-on program that go beyond traditional crafts—think Pinterest-inspired and more.

Life Skills

A place to work on individualized goals- independence to strengthening everyday skills.

Movie Coffee Club

A place to have a coffee, eat a snack, and watch a show with other participants!

Dine & Chat (\$150/15 wks)

A fun evening of karaoke, games, performances, and dinner!

Board Games / Bowling / Euchre & Poker / Bingo

Engage in fun and competitive games with peers.

Ukelele

An exploration of music through instruments like ukulele, keys, and more while building skills together.

Classic Bowl (\$175/13 wks)

A relaxing, slightly competitive bowling in the community.

Cinema Club @ Cineplex Theatre (\$)

An evening program to spend with friends at the movies.

Think & Write

A program that builds memory and thinking skills through simple writing activities and creative exercises.



CENTRAL WEST DAY SERVICES CALENDAR

SEPTEMBER 8 - DECEMBER 18, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Alder Arena Walk 275 Alder St, Orangeville 10:30am - 12:00pm	Social Circle 529 Main Street North, Brampton 10:00am - 11:00am Chair Mobility 529 Main Street North, Brampton 11:00am - 12:00pm	Tea and Chat 529 Main Street North, Brampton 10:00am - 12:00pm	Coffee Meet-Ups Tim Hortons 675 Main Street North, Brampton 10:00am - 12:00pm	Morning Moves (H) 529 Main Street North, Brampton 10:00am - 11:00am
Lunch	Lunch	Lunch	Lunch	Lunch
Orangeville Games Group 275 Alder St, Orangeville 1:00pm - 3:00pm	Brampton Games Group 529 Main Street North, Brampton 1:00pm - 3:00pm	Colourful Connections 529 Main Street North, Brampton 1:00pm - 3:00pm	Library Learners Springdale Branch 10705 Bramlea Road, Brampton 1:30pm - 3:30pm	Cook n' Carry 529 Main Street North, Brampton 1:00pm - 3:00pm

- (H) = available in person and on line
- (\$) = paid program
- (Limited spaces) = registration does not guarantee a spot. Confirmation is required.

CENTRAL WEST DAY SERVICES CALENDAR

Group Descriptions

Orangeville Walking Group

A welcoming walking group for those in the Orangeville area looking to stay active and get moving

Orangeville Games

A fun, active games while connecting and engaging with peers.

Fun & Fitness

A high-energy workout combining weights, cardio, and interval training for active participants.

Social Circle

A place to relax with coffee or tea while socializing with others.

Enhance Me

A supportive space to work on personal goals, build life skills, and focus on growth and positivity

Colorful Connections

A program exploring different art mediums through guided, step-by-step projects.

Mindful Walk

A walking experience to embrace the summer season.

Cooking Club

A program to build practical cooking skills, try new recipes, and enjoy the meals you create.

Library Learners

An adventure to immerse yourself in new worlds by enjoying a morning at the library.

Coffee Meet-Ups

A mid-day coffee and casual social time at Timmies!



HALTON DAY SERVICES CALENDAR

SEPTEMBER 8 - DECEMBER 18, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Woodworking (\$) Queen E Park 2302 Bridge Rd. Oakville 10:00am - 12:00pm	Yoga (\$) Goji Studio 3465 Rebecca St. Unit 101, Oakville 11:30am - 12:30pm	3D Printing St. Luke's 3114 Dundas St. W, Oakville 10:00am - 12:00pm	Artistically Yours St. Luke's 3114 Dundas St. W, Oakville 10:00am - 12:00pm	Oakville Stokers Glen Abbey Community Centre 1415 Third Line, Oakville 9:30am - 12:30pm
Challenge Golf <i>Tee Zone</i> 4105 Regional Rd. 25, Oakville <i>Expected to move indoors in October 2026 To</i> Birdies Indoor Golf 504 Iroquois Shore Rd. Unit 8, Oakville 1:00pm - 3:00pm	Cook & Carry St. Luke's 3114 Dundas St. W, Oakville 2:00pm - 4:00pm	Bake it Forward St. Luke's 3114 Dundas St. W, Oakville 2:00pm - 4:00pm	Neuroboxing (\$) JTI Boxing Gym 504 Iroquois Shore Rd. unit 10, Oakville 1:30pm - 2:30pm Oakville Peer Network 3:00pm - 4:30pm	Milton Meetups 2:00pm - 4:00pm

- (H) = Available in person and on line
- (\$) = Paid program
- (Limited spaces) = Registration does not guarantee a spot. Confirmation is required.

HALTON DAY SERVICES CALENDAR

Group Descriptions

Yoga (\$100/8 week session)

Seated yoga focusing on stretching, mindfulness and strength building poses. Classes are lead by certified instructors, and modified to meet the needs of all participants

Challenge Golf

Accessible golf practice at a driving range with instruction from professionals. Program moves to Birdies Indoor Simulator after October.

3D Printing

Learn how to use 3D printing technology to design and produce assistive devices, such as wheelchair cupholders and jar openers. Participants are encouraged to come with challenges they are hoping to solve.

Cook and Carry

Participants work together to cook a 'family style' meal. Everyone is given tasks to complete. Once cooked, the meal is divided amongst participants to take home and enjoy.

Woodworking (\$80/4 week session)

Woodworking lead by a certified instructor. **Note** - 3 sessions will be offered this fall. Session 1 = Live Edge Charcuterie Board, Session 2 = Canoe Paddle, Session 3 = Chess Boards

Bake it Forward

In partnership with St. Luke's, this program focuses on baking cookies and holiday themed sweets. Participants will prepare baked goods for both themselves and the community centre.

Artistically Yours

In partnership with the Oakville Art Society, this class exposes participants to a wide range of artistic opportunities. Art educators from OAS teach techniques and provide guidance.

Neuroboxing (\$120/8 week session)

Boxing instruction from professional coaches who make their program accessible to all. This program builds stamina, balance, strength and coordination.

Oakville Peer Network

A social meetup after Neuroboxing to discuss programs and events in the Halton area. While often held at Oakville Place mall, participants are encouraged to suggest other venues in Oakville to check out.

Oakville Stokers

Stokers is an organization for adults who have had a stroke. A social meetup at Glen Abbey is followed by a rehab-focused swimming program. Note: Participants must register directly with Oakville Stokers to participate. More Information can be found at: <https://www.oakvillestokers.ca/>

Milton Meetups

This program is a social meetup taking place in Milton. Registered participants will receive a weekly invitation to locations throughout the city. This program will explore coffee houses, community centres and points of interest throughout Milton.



OUTINGS & SPECIAL EVENTS

Mississauga

- Friday, September 11th 12:00pm - 1:00 pm - Canadian Adaptive Climbing Society Lunch and Learn at Head Office
- Friday, October 9th 12:00pm-2:00pm - Thanksgiving Lunch at Head Office
- Friday October 30th 4:00pm - 7:00pm - Halloween Party at Head Office
- Thursday, December 3rd 4:00pm to 9:00pm - Annual Holiday Dinner at Candles Banquet Hall

Central-West

- Wednesday September 9th , October 14th , November 11th , December 9th 11:00am - 2:00pm - Lunch out in Brampton
- Monday September 21st , October 19th , November 16th , December 7th 5:00pm - 7:00pm - Dinner out in Orangeville
- Tuesday September 15th , October 20th , November 17th Movie Outing in Brampton
- Monday December 14 - Christmas in the Park in Orangeville - Time TBD
- December - Date TBD: Christmas Party in Orangeville and Brampton

Halton

- Saturday September 12th 12pm-3pm - Art In My Garden - Lakeside Park
- Friday September 18th 10am - 12pm - Crawford Lake Hike
- Friday September 25th 10am - 12pm - Fall Fishing with Charter Ability
- Monday October 19th 9am - 3pm - Challenge Golf Fall Tournament
- Saturday November 28th 9am-2pm - St. Luke's Holiday Bazaar
- Thursday December 17th 4pm-9pm - St. Luke's Christmas Dinner

****Note**** Dates at St. Luke's subject to change.

**Events in community are pay as you go*

**Anyone can go to any event in any region, as long as you are registered.*

**Once registered, a facilitator will reach out to you or your manager for further details.*



MIND FORWARD DAY SERVICES

FALL/WINTER 2026

Meet Our Team

NATALIE BOGDON

Senior Manager, Day Services
Natalie.Bogdon@mindforward.org
905-949-4411 ext. 223

MARCIA SANDOVAL

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

HENNA LAHIB

Manager, Day Services
Henna.Lahib@mindforward.org
905-949-4411 ext. 228



MISSISSAUGA DAY SERVICES

Andre Thomas

Andre.Thomas@mindforward.org
905-301-5147

Leisagay Lewis

Leisagay.Lewis@mindforward.org
905-301-7054

Lissandra Stanley

Lissandra.Stanley@mindforward.org

Sasha Dukin

Sasha.Dukin@mindforward.org
905-301-7982

HALTON DAY SERVICES

Darryl Clarence

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

CENTRAL WEST DAY SERVICES

Carlene Senior

Carlene.Senior@mindforward.org
905-938-7053



Mind Forward
is funded by

