St. Joseph’s Healthcare Hamilton West 5th Campus – Mental Health and Addictions Program

**Recreation in April 2018**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 1 Related image**EASTER SUNDAY**Open Fitness Centre 9:00-10:00 Open Leisure Lounge 11:00-12:00  | 2**EASTER MONDAY**Open Fitness Centre 9:30-10:30 Open Leisure Lounge  3:00-4:00pm Three Hidden Easter Eggs | 3Open Leisure Lounge12:30-1:30pm & 3:00-4:00pmOpen Fitness Centre2:30-3:30pmBingo in the Level 0 Cafeteria6:00pm | 4 Open Fitness Centre10:30-11:30amOpen Leisure Lounge12:30-1:30pm & 3:00-4:00pm Stretch and Strengthen in the Wellness Room 2:30pmVolleyball 6:00pm  |  5Open Fitness Centre 10-11amPet Visits in the Galleria 10:30am Open Leisure Lounge 12:30-1:30pm & 3:00-4:00pmVolleyball 1:30pmCoffeehouse in the Leisure Lounge 6:00pm | 6Open Fitness Centre 10:30-11:30amOpen Leisure Lounge12:00-1:00pm & 3:00-4:00pmBadminton in the Gym1:00-2:00pm  | 7Open Fitness Centre 9-10amOpen Leisure Lounge10:30am-12:00pm & 3:00-4:00pmBingo in the Level 0 Cafeteria1:30pm |
| 8Craft in the Leisure Lounge12:30-2:00pmOpen Fitness Centre 2:30-3:30pmOpen Leisure Lounge 4:00-5:00pmLeisure Lounge Movie 6:00pm  | 9Pet Visits in the Galleria10:30am Open Leisure Lounge 12:30-1:30pm & 3:00-4:00pmOpen Fitness Centre 1:00-2:00pm | 10Open Leisure Lounge12:30-1:30pm & 3:00-4:00pmOpen Fitness Centre2:30-3:30pmBingo in the Level 0 Cafeteria6:00pm | 11 Open Fitness Centre10:30-11:30amOpen Leisure Lounge12:30-1:30pm & 3:00-4:00pmStretch and Strengthen in the Wellness Room 2:30pmVolleyball 6:00pm  | 12Open Fitness Centre 10-11amPet Visits in the Galleria 10:30amOpen Leisure Lounge 12:30-1:30pm & 3:00-4:00pmVolleyball 1:30pmCoffeehouse in the Leisure Lounge 6:00pm | 13Open Fitness Centre 10:30-11:30amOpen Leisure Lounge12:00-1:00pm & 3:00-4:00pmBadminton in the Gym1:00-2:00pm  | 14Open Fitness Centre 9-10amOpen Leisure Lounge10:30am-12:00pm & 3:00-4:00pmBingo in the Level 0 Cafeteria1:30pm |
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| April Showers Bring May Flowers Clipart | **OPEN LEISURE LOUNGE****Scheduled daily** for billiards, table tennis, board games, air hockey, computers, music and much more!C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0H0ZCDNT\1363091677_707b5543d3_z[1].jpg | Related image |   **IMAGINE ART Group** - Please see your TR for a **referral** or call x36407 for information | C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\5DB9BECI\00623877000[1].jpg  **FITNESS AND**   **TRAINING ROOM**Please see your TR to complete the orientation and agreement for independent access, or for a **referral**. Otherwise, please join us during daily open times |
| **W5th Central Therapeutic Recreation Central Services are open to all registered inpatients and outpatients of the SJHH Mental Health and Addictions Program** |
| C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0H0ZCDNT\movie-making-software-children-200X200[1].jpg **MOVIE NIGHT** Sundays 6:00pm In the  Leisure Lounge  | **YOGA** Please see your TR for a **referral**, or call x36407 **C:\Users\swinegar\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\NUXC19T6\MC900440129[1].wmf** |
| **C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0H0ZCDNT\Balon-de-voleibol-MIKASA-MVP-200-606[1].jpgVOLLEYBALL**6:00 PM Wednesdays1:30PM ThursdaysIn the Gymnasium | **STRETCH & STRENGTHEN CLASS**C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3W8GS3IH\sE4Rs[1].pngWellness Room 2:30 Wednesdays PAR-Q required for participation |
| **C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3W8GS3IH\0257_139157[1].jpg** **BADMINTON** Fridays 1:00-2:00pm In the Gymnasium | http://www.clker.com/cliparts/L/t/x/F/0/O/bingo-md.png **BINGO** Tuesdays 6pm Saturdays 1:30pmIn the Level ‘0’ Cafeteria | C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\NZUJQO4V\palette_cutie_mark_by_rildraw-d4snlr7[1].png  **CRAFT GROUP** Fridays  3-4pm in the Leisure Lounge | **C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\5DB9BECI\Coffee%20cup[1].jpg COFFEEHOUSE** Thursdays 6:00-7:30pm Leisure Lounge C:\Users\swinegar\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O5R001MZ\MC900340782[1].wmf | **PET VISITS** **Mondays & Thursdays** **at 10:30 in the Galleria** |