[](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj5s6mi1YraAhXKyoMKHYcrDY8QjRx6BAgAEAU&url=https://www.vecteezy.com/vector-art/90858-spring-showers-vectors&psig=AOvVaw2DM3Lzp1L-8ZlAqxvJeQZo&ust=1522176961518629)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](http://liledekahlan.eklablog.com/tubes-paques-a115220778)**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](http://sweetclipart.com/multisite/sweetclipart/files/easter_eggs_grass.png) | 3  Open Leisure Lounge  12:30-1:30pm & 3:00-4:00pm  Open Fitness Centre  2:30-3:30pm  Bingo in the Level 0 Cafeteria  6:00pm | 4 Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  Stretch and Strengthen in the Wellness Room 2:30pm  Volleyball 6:00pm | 5  Open Fitness Centre 10-11am  Pet Visits in the Galleria 10:30am  Open Leisure Lounge  12:30-1:30pm & 3:00-4:00pm  Volleyball 1:30pm  Coffeehouse in the Leisure Lounge 6:00pm | 6  Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:00-1:00pm & 3:00-4:00pm  Badminton in the Gym  1:00-2:00pm | 7  Open Fitness Centre 9-10am  Open Leisure Lounge  10:30am-12:00pm  & 3:00-4:00pm  Bingo in the Level 0 Cafeteria  1:30pm |
| 8  Craft in the Leisure Lounge  12:30-2:00pm  Open Fitness Centre  2:30-3:30pm  Open Leisure Lounge  4:00-5:00pm  Leisure Lounge Movie 6:00pm | 9  Pet Visits in the Galleria  10:30am  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  Open Fitness Centre  1:00-2:00pm | 10  Open Leisure Lounge  12:30-1:30pm & 3:00-4:00pm  Open Fitness Centre  2:30-3:30pm  Bingo in the Level 0 Cafeteria  6:00pm | 11 Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  Stretch and Strengthen in the Wellness Room 2:30pm  Volleyball 6:00pm | 12  Open Fitness Centre 10-11am  Pet Visits in the Galleria 10:30am  Open Leisure Lounge  12:30-1:30pm & 3:00-4:00pm  Volleyball 1:30pm  Coffeehouse in the Leisure Lounge 6:00pm | 13  Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:00-1:00pm & 3:00-4:00pm  Badminton in the Gym  1:00-2:00pm | 14  Open Fitness Centre 9-10am  Open Leisure Lounge  10:30am-12:00pm  & 3:00-4:00pm  Bingo in the Level 0 Cafeteria  1:30pm |
| 15  Craft in the Leisure Lounge  12:30-2:00pm  Open Fitness Centre  2:30-3:30pm  Open Leisure Lounge  4:00-5:00pm  Leisure Lounge Movie 6:00pm | 16  Pet Visits in the Galleria  10:30am  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  Open Fitness Centre  1:00-2:00pm | 17  Open Leisure Lounge  12:30-1:30pm & 3:00-4:00pm  Open Fitness Centre  2:30-3:30pm  Bingo in the Level 0 Cafeteria  6:00pm | 18  Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  Stretch and Strengthen in the Wellness Room 2:30pm  Volleyball 6:00pm | 19  Open Fitness Centre 10-11am  Pet Visits in the Galleria 10:30am  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  Volleyball 1:30pm  Coffeehouse in the Leisure Lounge 6:00pm | 20  Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:00-1:00pm  & 3:00-4:00pm  Badminton in the Gym  1:00-2:00pm | 21  Open Fitness Centre 9-10am  Open Leisure Lounge  10:30am-12:00pm  & 3:00-4:00pm  Bingo in the Level 0 Cafeteria  1:30pm |
| 22  Craft in the Leisure Lounge  12:30-2:00pm  Open Fitness Centre  2:30-3:30pm  Open Leisure Lounge  4:00-5:00pm  Leisure Lounge Movie 6:00pm | 23  Pet Visits in the Galleria  10:30am  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  Open Fitness Centre  1:00-2:00pm | 24  Open Leisure Lounge  12:30-1:30pm & 3:00-4:00pm  Open Fitness Centre  2:30-3:30pm  Bingo in the Level 0 Cafeteria  6:00pm | 25 Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  Stretch and Strengthen in the Wellness Room 2:30pm  Volleyball 6:00pm | 26  Open Fitness Centre 10-11am  Pet Visits in the Galleria 10:30am  Open Leisure Lounge  12:30-1:30pm & 3:00-4:00pm  Volleyball 1:30pm  Coffeehouse in the Leisure Lounge 6:00pm | 27  Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:00-1:00pm & 3:00-4:00pm  Badminton in the Gym  1:00-2:00pm | 28  Open Fitness Centre 9-10am  Open Leisure Lounge  10:30am-12:00pm  & 3:00-4:00pm  Bingo in the Level 0 Cafeteria  1:30pm |
| 29  Craft in the Leisure Lounge  12:30-2:00pm  Open Fitness Centre  2:30-3:30pm  Open Leisure Lounge  4:00-5:00pm  Leisure Lounge Movie 6:00pm | 30  Pet Visits in the Galleria  10:30am  Open Leisure Lounge  12:30-1:30pm  Open Fitness Centre  1:00-2:00pm | [Related image](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjfvYXN1oraAhWD54MKHbzCBfkQjRx6BAgAEAU&url=https://pixabay.com/no/banner-bird-trekant-48525/&psig=AOvVaw2WgoXwp64dlsthH4bjcnrQ&ust=1522177305988193) | | | | |

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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](https://www.wpclipart.com/plants/flowers/spring_flowers.png.html) | **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 Wednesdays  1:30PM Thursdays  In 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 1:30pm  In 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** |