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

1 Open Fitness Centre

9:00-10:00am

**Leisure Lounge Tree Trimming 10:30am**

Bingo in the Level 0 Cafeteria

1:30pm

**Recreation in December 2018**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 2  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 | 3  Pet Visits 10:30  In the Galleria  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00  Open Fitness Centre  1:00-2:00pm | 4  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 | 5 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 | 6  Pet Visits 10:30  In the Galleria  Open Fitness Centre 10-11  Open Leisure Lounge  12:30-1:30pm & 3:00-4:00pm  Coffeehouse in the Leisure Lounge 6:00pm | 7 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  **Holiday Craft in the Leisure Lounge 1:30** | 8  Open Fitness Centre  9:00-10:00am  Open Leisure Lounge  10:30am-12:00pm  Bingo in the Level 0 Cafeteria  1:30pm |
| 9  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 | 10  Pet Visits 10:30  In the Galleria  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  Open Fitness Centre  1:00-2:00pm | 11  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 | 12 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 | 13  Pet Visits 10:30  In the Galleria  Open Fitness Centre 10-11  Open Leisure Lounge  12:30-1:30pm & 3:00-4:00pm  Coffeehouse in the Leisure Lounge 6:00pm | 14 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  **Holiday Craft in the Leisure Lounge 1:30** | 15  Open Fitness Centre  9:00-10:00am  Open Leisure Lounge  10:30am-12:00pm  & 3:00-4:00pm  Bingo in the Level 0 Cafeteria  1:30pm |
| 16  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 | 17  Pet Visits 10:30  In the Galleria  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  Open Fitness Centre  1:00-2:00pm | 18  Open Leisure Lounge  12:30-1:30pm  & 3:30-4:30pm  Open Fitness Centre  2:30-3:30pm  Bingo in the Level 0 Cafeteria  6:00pm | 19  Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  **CHRISTMAS DANCE 6:00**  Level 0 Cafeteria | 20  Pet Visits 10:30  In the Galleria  Open Fitness Centre 10-11  Open Leisure Lounge  12:30-1:30pm & 3:00-4:00pm  Coffeehouse in the Leisure Lounge 6:00pm | 21  Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:00-1:00pm & 3:00-4:00pm  **Holiday Painting in the Leisure Lounge1:30**  Badminton in the Gym  1:00-2:00pm | 22  Open Fitness Centre  9:00-10:00am  Open Leisure Lounge  10:30am-12:00pm  & 3:00-4:00pm  **JINGO BINGO** in the Level 0 Cafeteria 1:30pm |
| 23  Craft in the Leisure Lounge  12:30-2:00pm  **Christmas Karaoke**  C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FOK4C4LR\candle_PNG7311[1].png**2:30-3:30pm**  **in the Leisure Lounge**  Open Fitness Centre  4:00-5:00pm  Leisure Lounge Movie 6:00pm | 24  Open Fitness Centre  10:00-11:00am  Open Leisure Lounge  1:00-2:00 | **C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\P2YUYMQN\merry-christmas-4[1].jpg**25  Open Leisure Lounge  1:30-2:30pm  Open Fitness Centre  2:30-3:30pm  **C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KZUKCYJB\texto,happy%20new%20year,año%20nuevo,png%20(10)[1].png** | 26  **BOXING DAY**  Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:30-1:30pm  Volleyball 6:00pm | 27  Pet Visits 10:30  In the Galleria  Open Fitness Centre 10-11  Open Leisure Lounge  12:30-1:30pm & 3:00-4:00pm  Coffeehouse in the Leisure Lounge 6:00pm | 28  Open Fitness Centre  10:00-11:00am  Open Leisure Lounge  12:00-1:00pm & 3:00-4:00pm  Badminton in the Gym  1:00-2:00pm | 29  Open Fitness Centre  9:00-10:00am  Open Leisure Lounge  10:30am-12:00pm  & 3:00-4:00pm  Bingo in the Level 0 Cafeteria  1:30pm |
| 30  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 | 31 Pet Visits 10:30  In the Galleria  Open Leisure Lounge  2:00-3:00  Open Fitness Centre  C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3W8GS3IH\good-year-3168078_960_720[1].png1:00-2:00pm | 01  Open Leisure Lounge  2:00-3:00  Open Fitness Centre  2:30-3:30pm  Bingo in the Level 0 Cafeteria  6:00pm | 02  Open Fitness Centre  10:30-11:30am  Open Leisure Lounge  12:30-1:30pm  & 3:00-4:00pm  Volleyball 6:00pm | C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2MFX7MB8\barre-Noel-branches-sapins-houx-boules-rouge[1].png | | |

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| **PET VISITS**  **C:\Users\sberzait\Desktop\8cb6a4_f11c530638454b7dad84b68400b251be~mv2.jpg**  **C:\Users\sberzait\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2MFX7MB8\christmas-bulbs-green-background[1].jpgMeet in the Galleria Seating Area at 10:30 am Mondays & Thursdays** | **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** | **W5th**  **Therapeutic Recreation**  **Central Services** | **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 listed on the calendar |
| **W5th Holiday Special Events**  **December 1st, 10:30am – Tree Trimming in the Leisure Lounge**  **December 4th, 7:30pm - Sweet Refrain Choir in the level 2 Galleria**  **December 12th, 2:00pm - Candle Light Service in the Chapel**  **December 7th & 14th, 1:30pm – Holiday Craft in the Leisure Lounge**  **December 19th, 6:00pm - Christmas Dance in the level 0 Cafeteria**  **December 21st, 1:30pm – Holiday Painting in the Leisure Lounge**  **December 21st, 4:00pm - Winter Solstice Walk on the Labyrinth**  **December 22nd, 1:30pm - JINGO BINGO in the level 0 Cafeteria**  **December 23rd, 2:30 – Christmas Karaoke in the Leisure Lounge** | | |
| 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  In the Gymnasium | **STRETCH & STRENGTHEN**  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 6:00pm  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**  Sundays  2:30 pm 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 | W5th Centralized Therapeutic Recreation Services are available to all registered inpatients and outpatients of the SJHH Mental Health and Addiction Program. |