



# MAY 2020

## Virtual Groups

Mon.	Tue.	Wed.	Thu.	Fri.
<p>HMHO is now offering Virtual Groups on telephone or computer! For instructions to connect, please contact Julia at <a href="mailto:jquinn@hamiltonmentalhealthoutreach.ca">jquinn@hamiltonmentalhealthoutreach.ca</a> or (905) 522-9767 ext. 214.</p> <p><b>NOTE: Group's open 15 minutes before at 1:15 p.m.</b></p>				<p>1</p> <p>1:30-2:00 p.m. Riddles &amp; Jokes</p>
<p>4</p> <p>1:30-2:00 p.m. Music Request Line</p>	<p>5</p> <p>1:30-2:00 p.m. Trivia</p> <p>2:30-3:00 p.m. Chair Exercise (VIDEO ONLY)</p>	<p>6</p> <p>1:30-2:00 p.m. Name That Tune</p>	<p>7</p> <p>1:30-2:00 p.m. Fun Facts</p>	<p>8</p> <p>1:30-2:00 p.m. Riddles &amp; Jokes</p>
<p>11</p> <p>1:30-2:00 p.m. Music Request Line</p>	<p>12</p> <p>1:30-2:00 p.m. Trivia</p> <p>2:30-3:00 p.m. Chair Exercise (VIDEO ONLY)</p>	<p>13</p>  <p>1:30-2:00 p.m. Name That Tune</p> <p><b>*TROPICAL DAY*</b> Wear your best tropical shirt!</p>	<p>14</p> <p>1:30-2:00 p.m. Bingo</p>	<p>15</p> <p>1:30-2:30 p.m. Art Therapy (VIDEO ONLY)</p>
<p>18</p> <p><b>VICTORIA DAY HMHO CLOSED</b></p>	<p>19</p> <p><b>NO GROUPS</b></p>	<p>20</p> <p>1:30-2:00 p.m. Name That Tune</p>	<p>21</p> <p>1:30-2:00 p.m. Bingo</p>	<p>22</p> <p>1:30-2:30 p.m. Art Therapy (VIDEO ONLY)</p>
<p>25</p> <p>1:30-2:00 p.m. Music Request Line</p>	<p>26</p> <p>1:30-2:00 p.m. Trivia</p> <p>2:30-3:00 p.m. Chair Exercise (VIDEO ONLY)</p>	<p>27</p>  <p>1:30-2:00 p.m. Name That Tune</p> <p><b>*WILD HAT DAY*</b> Wear your most wild hat!</p>	<p>28</p> <p>1:30-2:00 p.m. Bingo</p>	<p>29</p> <p>1:30-2:30 p.m. Art Therapy (VIDEO ONLY)</p>