



HUTTON HOUSE PRESENTS

WellNest Winter 2023

The Official Newsletter

Hutton House

A **FREE** 12 WEEK VIRTUAL WELLNESS PROGRAM FOR PARTICIPANTS, FAMILIES & CAREGIVERS.

FOLLOW OUR FACEBOOK PAGE FOR UPDATES, LINK ON PAGE 2.

TO REGISTER FOLLOW THE LINK ON PAGE 12.

TO CONTACT US VISIT
WWW.HUTTONHOUSE.COM
VIVIEN@HUTTONHOUSE.COM

SUPPORT PROVIDED BY MINISTRY OF CHILDREN, COMMUNITY AND SOCIAL SERVICES (MCCSS)

Welcome to the Nest!



Welcome to the WellNest

Presented by Hutton House

The WellNest is an inclusive program designed to bring people together. It's an opportunity for adults with developmental disabilities and caregivers supporting those with a developmental disability to experience enjoyment, engagement and connection. The program will run for 12 weeks starting January 2023 and offer a variety of classes & workshops including fitness, arts & crafts, music, cooking and more! Space in classes is limited, we will try and put you in as many classes as we can. **If you have a developmental disability, you are eligible to join these classes.**

PROGRAM OVERVIEW:

- Virtual classes offered on zoom
- **Free** to join
- 18 years & older with a developmental disability
- Caregiver (unpaid role) to someone with a developmental disability
- Opportunities for participants and caregivers
- January 4th to March 31st

WHAT DO I NEED TO SIGN UP?

- Meet the program eligibility requirements
- Internet Connection
- One of the following: Phone, Tablet, iPad, Computer or Laptop (with a working camera)
- Access to Zoom (let us know if you need help)
- Access to email Address

NEXT STEPS:

1. Read through document to view workshops, dates and times
2. Complete the form on page 3 to register
3. Program staff will review and contact you based on your eligibility
4. Follow us on Facebook for updates

If you are not sure you meet the requirements, reach out to vivien@huttonhouse.com or call 519-472-6381

FOLLOW US ON FACEBOOK AT
[THE WELLNEST BY HUTTON HOUSE](#)
OR USE THE QR CODE



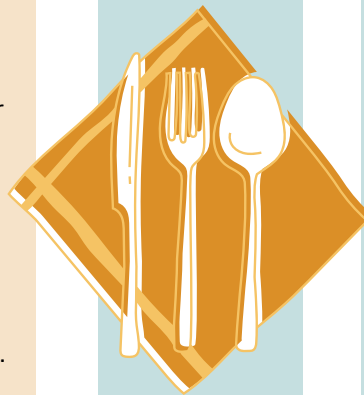
PARTICIPANT PROGRAMS

See *calendar* on page 9.

ADAPTIVE YOGA

*Mondays 9am-10am
11 weeks
January 9th-March 27th*

Yoga is for every body. If you are looking for friendly movement for your body, this class is for you. Together, we will find ways to access poses for each body. This class should help strengthen your mind-body connection, create a greater sense of calm, and help cultivate self-compassion. It is helpful to have a yoga mat, but a carpeted floor, a towel, or a sturdy chair will work just fine. Additionally, it might be helpful to have props such as blocks/books, pillows/cushions, and a strap/belt.



COOKING CLASS

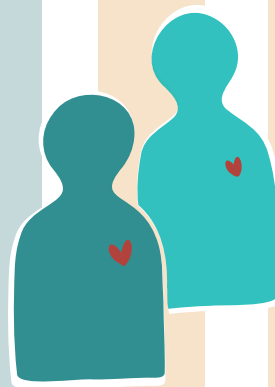
*Mondays 1pm-2pm
8 weeks
February 6th-March 27th*

Do you like to cook? Do you want to become a better cook? If so this class is for you! With guidance, you will learn to make 8 different recipes while following along in our great cookbook! Each week you will be challenged to try something new and share your creation with others. Bon appetit!

STRENGTH, STABILITY & STRETCH

*Tuesdays 1pm-2pm
12 weeks
January 10th- March 28th*

Do you enjoy fitness? Do you want to become stronger and more flexible? Now you can enjoy all three. The first half will focus on exercises to challenge balance and improve strength. Then there will be a stretch routine and relaxing cooldown. There is no better way to start your morning!



LEAN ON ME: RELATIONSHIP BUILDING

*Tuesdays 10am-11am
8 weeks
January 10th-February 28th*

Relationship goals can relate to any area of your life, such as emotional support, health, financial goals, creating a family, travel and individual goals. In this program, you will dive deeply into our relationship with ourselves and how it contributes to building strong relationships with others. This program will focus on communicating, listening actively, cooperating, resisting inappropriate social pressure, dealing with conflict. You will also gain a better understanding of intimate relationships.

TO APPLY FOLLOW THE LINK
[WELLNEST APPLICATION FORM](#)
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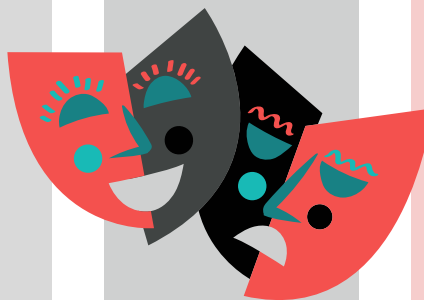
PARTICIPANT PROGRAMS

See calendar on page 9.

IMPROV COMEDY CLUB

Wednesday 10am-11am
8 weeks
January 4th-February 22nd

Improvisation, or improv, is a live theatre in which the plot, characters and dialogue of a game, scene or story are made up at the moment. Often improvisers will take a suggestion from the audience or draw on some other source of inspiration to get started. Participants can expect to work independently and within a group to find comedy where we least expect it!



CREATIVE WRITING

Tuesday 11:30-12:30pm
12 weeks
January 10th-March 28th

Our goal is to create a comfortable environment for all individuals while reading stories and writing our own. We will work in groups to write poems and short stories in topics of interest to the group. The end goal is to create a mini book together!

COMMUNITY CLUB

Thursdays 10am-11am
6 weeks
January 5th- February 9th

The aim of this class is to have meaningful discussions around topics like: racism & poverty as well as any other topics that people wish to chat about. We will also learn about important historical figures. The end goal is to create awareness about important issues in society while having a good time!

FUN AND GAMES WITH SAM



Thursday 1pm-2pm
12 weeks
January 5th-March 23rd

Get ready to have some fun, as Sam guides us through some games. Get some snacks and let the competition start. We will be playing games like bingo, trivia, guess the logo, jeopardy, kahoots and more.

"If there's a book that you want to read, but it hasn't been written yet, then you must write it."

-Toni Morrison



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PARTICIPANT PROGRAMS

See calendar on page 9.

SCIENCE CLASS

Sundays 12:30pm-1:30pm
6 weeks
January 8th-March 19th

Have you ever wanted to learn about lava lamps? Grab your lab coat and get ready to watch and even do some cool experiments. If you like science, join us as we explore all the cool mysteries. This class will run every other week.

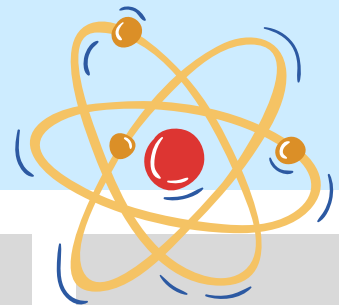
ARTS AND CRAFTS

Thursday 2pm-3pm
12 weeks
January 5th-March 23rd

Do you love nature? Do you love arts and crafts? If you want to bring those two things together while having fun with friends, then look no further. In this class we will be using items found in nature to create wonderful works of art! We will be painting, creating and exploring.

"The important thing is not to stop questioning. Curiosity has its own reason for existence."

-Albert Einstein



JUST DANCE

Sundays 11:30am-12:30pm
12 weeks
January 8th-March 26th

During these weekly, one-hour virtual dance sessions, we will explore movement in a variety of styles, and discover how to use dance as an outlet for our emotions and as a source of confidence. Each class will consist of a check-in, an exercise in self-reflection, an energizing warm-up, stretch, guided exercises, and learning a phrase of choreography. Throughout this class we will get to know more about ourselves and each other.



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CAREGIVER PROGRAMS

See *calendar* on page 12.

MINDSET & MINDFULNESS: A MINDFUL SHIFT

Thursdays 11am-12pm
8 weeks
January 12th-March 2nd

This is a 8-week program that will explore some mindful practice, yoga, self-care through awareness and creating space. In this supportive space, folks will find balance in solitude and dynamic conversation while exploring practical ways of becoming "unstuck".

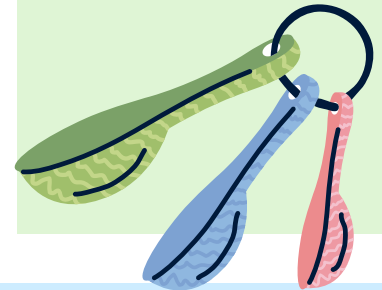
FITNESS

Monday 4pm-5pm
11 weeks
January 9th-March 27th

Join Laura for a fun fitness experience where we explore movement through mobility, intervals, balance, and mindfulness! This class is for all levels and helps participants challenge their bodies at their own pace, celebrating the amazing things each of us can accomplish through movement!

"Cooking is like snow skiing: If you don't fall at least 10 times, then you're not skiing hard enough."

– Guy Fier



BEGINNER FRIENDLY YOGA

Mondays 10:30am-11:30am
11 weeks
January 9th-March 27th

Feeling a bit stressed and disconnected? Not to worry; during class, we will cultivate self-compassion and mindfulness through basic yoga postures, breath work, and meditation. This class is beginner-friendly as options will be provided to make the yoga poses accessible for every body. It is helpful to have a yoga mat, but a carpeted floor, a towel, or a sturdy chair will work just fine as well.



COOKING WITH JULIO

Sundays 12:30pm-1:30pm
6 weeks
January 15th-March 26th

Get your passports ready while we explore some of the worlds most delicious meals. Some of the places we will be exploring are Latin America, South East Asia and the Americas. Get your tastebuds ready to go on a flight of flavors.

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SHARED PROGRAMS

See *calendar* either participant or caregiver.

MUSIC SINGALONG: ALL REQUEST HOURS WITH PETE DENOMME

Wednesday 12pm-1pm
12 weeks
January 4th-March 22nd

Are you tired of sitting in front of the tv? Do you miss live music? Tune into the All Request Hour and hear your favourite tunes performed by two local musicians!

Pete Denomme is an award winning singer songwriter. You may know him from the London Music Club or his band The Cosmic Cowboys. For Pete, making music, and performing for people is his lifeblood. It is so satisfying to share music; to see and hear the emotions and feelings that it brings out in the audience.

You are braver than you believe, stronger than you seem, and smarter than you think.

-Winnie the Pooh



MUSICAL THEATRE SING ALONG WITH STEPHEN INGRIM

Mondays 12pm-1pm
11 weeks
February 6th-March 27th

Do you love Musical Theatre or how about Disney? Join Stephen for a 1 hour sing along to some of your favorite Disney and theatre songs.

Stephen Ingram: Stephen is a performer, multi-instrumentalist, composer, and music teacher born in Hamilton and now based in London, ON. Any time he doesn't spend performing on stages around Ontario, he spends teaching music, writing music, or learning a new instrument. Besides music, his favourite things in the world are travelling, camping, cheese, and board games!

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SHARED PROGRAMS

See calendar either participant or caregiver.

PILATES

Wednesdays 1:30pm-2:30pm

12 weeks

January 4th-March 22nd

In this class, you can expect gentle exercises which help strengthen the muscles supporting your joints, as well as your core. Pilates should help bring your body closer to its natural alignment, as well as help you sit a bit taller and move with more mindfulness. To participate, it is helpful to have a yoga mat, however a cushioned floor or carpet should work just fine (anything to cushion the spine). Additionally, it is nice to have resistance bands, though not at all necessary.



GROWING WITH GABOR

Wednesday 10am-11am

8 weeks

February 1st-March 29th

In this fun and interactive program we will learn about urban agriculture and growing food in cities! Participants will increase their awareness of urban agriculture in London, learn how fruits and vegetables can be grown in different ways and will even have a chance to grow their own food with very few supplies! Materials needed will be provided.



SELF PORTRAIT: VALENTINE'S DAY ART SESSION

February 14th, 2023 3pm-4:30pm

One time class.

You'll need a brown paper bag for this art project. We will create a self-portrait on the side of a brown paper bag. It can be made with paint, crayons, coloured pencils, markers, hair, fabric, etc. You will be guided to reflect on what you love about yourself, your values and how you make a difference in the world. At the end of the art session, you will be invited to put items inside your bag and make your own Valentine that represents who you are as individual. Materials not provided, you will need brown paper bag, and general art supplies (glue, pencils, markers, scissors) to complete this project. **Let us know a week before the class if you need any of the materials listed.**

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PARTICIPANT CALENDAR

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January 2023

December '22							February '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3				1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11
11	12	13	14	15	16	17	12	13	14	15	16	17	18
18	19	20	21	22	23	24	19	20	21	22	23	24	25
25	26	27	28	29	30	31	26	27	28				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Improv 10-11am Pilates 1:30-2:30pm Pete Music 12-1pm	5 Community Club 10-11am Fun and Games 1-2pm Arts and Crafts 2-3pm	6	7
8 Dance 11:30-12:30pm Science 12:30-1:30pm	9 Restorative Yoga 9-10am	10 Lean on me 10-11am Writing 11:30-12:30pm Strength 1-2pm	11 Improv 10-11am Pilates 1:30-2:30pm Pete Music 12-1pm	12 Community Club 10-11am Fun and Games 1-2pm Arts and Crafts 2-3pm	13	14
15 Dance 11:30-12:30pm	16 Restorative Yoga 9-10am	17 Lean on me 10-11am Writing 11:30-12:30pm Strength 1-2pm	18 Improv 10-11am Pilates 1:30-2:30pm Pete Music 12-1pm	19 Community Club 10-11am Fun and Games 1-2pm Arts and Crafts 2-3pm	20	21
22 Dance 11:30-12:30pm Science 12:30-1:30pm	23 Restorative Yoga 9-10am	24 Lean on me 10-11am Writing 11:30-12:30pm Strength 1-2pm	25 Improv 10-11am Pilates 1:30-2:30pm Pete Music 12-1pm	26 Community Club 10-11am Fun and Games 1-2pm Arts and Crafts 2-3pm	27	28
29 Dance 11:30-12:30pm	30 Restorative Yoga 9-10am	31 Lean on me 10-11am Writing 11:30-12:30pm Strength 1-2pm	1	2	3	4
5	6					

PARTICIPANT CALENDAR

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February 2023

January '23							March '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
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15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30	31	

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29	30	31	1 Improv 10-11am Gardening 11am-12pm Pilates 1:30-2:30pm Pete Music 12-1pm	2 Community Club 10-11am Fun and Games 1-2pm Arts and Crafts 2-3pm	3	4
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19 Dance 11:30-12:30pm Science 12:30-1:30pm	NO CLASS	21 Lean on me 10-11am Writing 11:30-12:30pm Strength 1-2pm	22 Improv 10-11am Gardening 11am-12pm Pilates 1:30-2:30pm Pete Music 12-1pm	23 Fun and Games 1-2pm Arts and Crafts 2-3pm	24	25
26 Dance 11:30-12:30pm	27 Restorative Yoga 9-10am Stephen Music 12-1pm Cooking 1-2pm	28 Lean on me 10-11am Writing 11:30-12:30pm Strength 1-2pm	1	2	3	4
5	6					

PARTICIPANT CALENDAR

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March 2023

February '23							April '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
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19	20	21	22	23	24	25	16	17	18	19	20	21	22
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19 Dance 11:30-12:30pm Science 12:30-1:30pm	20 Restorative Yoga 9-10am Stephen Music 12-1pm Cooking 1-2pm	21 Writing 11:30-12:30pm Strength 1-2pm	22 Gardening 11am-12pm Pilates 1:30-2:30pm Pete Music 12-1pm	23 Fun and Games 1-2pm Arts and Crafts 2-3pm	24	25
26 Dance 11:30-12:30pm	27 Restorative Yoga 9-10am Stephen Music 12-1pm Cooking 1-2pm	28 Writing 11:30-12:30pm Strength 1-2pm	29 Gardening 11am-12pm	30	31	1
2	3					

CAREGIVER CALENDAR

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January 2023

December '22							February '23							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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18	19	20	21	22	23	24	19	20	21	22	23	24	25	
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8	9 Yoga 10:30 - 11:30am Fitness 4-5pm	10	11 Pete Music 12-1pm Pilates 1:30-2:30pm	12 Mindset 11-12pm	13	14
15 Cooking 12:30-1:30	16 Yoga 10:30 - 11:30am Fitness 4-5pm	17	18 Pete Music 12-1pm Pilates 1:30-2:30pm	19 Mindset 11-12pm	20	21
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5	6					

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February 2023

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S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	5	6	7	8	9	10	11
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15	16	17	18	19	20	21	19	20	21	22	23	24	25
22	23	24	25	26	27	28	26	27	28	29	30	31	
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19	20 No Class Family day	21	22 Gardening 11am-12pm Pete Music 12-1pm Pilates 1:30-2:30pm	23 Mindset 11-12pm	24	25
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19	20	21	22	23	24	25	16	17	18	19	20	21	22
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2	3					

NEXT STEPS:

To the Wellnest Program

STEP 1:

Look through this Newsletter to view eligibility, workshops, dates and times.

STEP 2:

Complete this [form](#) to register.



STEP 3:

Program staff will review and contact you based on your eligibility.

STEP 4:

Follow us on [Facebook](#) for updates.



If you are not sure you meet the requirements, reach out to
vivien@huttonhouse.com or call 519-472-6381