

# FEBRUARY 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
02	03	04  <b>Line Dancing Lessons</b> 5:30-6:30pm	05  <b>Yoga &amp; Meditation</b> 4:00-5:00pm	06 <b>Crochet Creations</b> 5:30-6:30pm <b>Therapy Dog</b> 5:15-6:15pm	07  <b>Winter Pride Starter Kits: Out n About</b> 4:00-6:00pm	08
09	10  <b>Out n About</b> 4:00-5:00pm <b>Tutoring Group</b> 4:30-6:00PM	11  <b>Music Appreciation</b> 5:30-6:30pm	12 <b>Lantern Making</b> 4:00-5:00pm	13 <b>Felt Ornaments w/ Guelph Public Library</b> 4:00-5:00pm	14  <b>Valentines Day Cookie Decorating</b>	15
16	17 <b>CLOSED</b>	18  <b>Flex Your Emotions and Valentines Card Making</b> 4:00-6:00pm	19  <b>Candy Sushi Making</b> 5:30-6:30pm	20  <b>DND Character Creation</b> 4:00-5:00pm <b>Therapy Dog</b> 5:15-6:15pm	21  <b>Dream Catchers</b> 4:00-6:00pm	22
23 	24  <b>Out n About</b> 4:00-5:00pm <b>Tutoring Group</b> 4:30-5:30pm	25  <b>Magnificent Manicures</b> 4:00-5:00pm	26 <b>Kindness Chain Making</b> 4:00-5:00pm <b>YAC 4:00-5:00pm</b>	27  <b>Button Making w/ Guelph Public Library</b> 4:00-5:00pm	28  <b>Paper Plate Fan Making</b> 4:00-5:00pm <b>Indigenous Painting</b> 4:00-6:00pm	29

**Supports available for walk-in or appointment:**

- Primary care/Nurse Practitioner
- Addiction Support
- Mental Health Clinician

**Supports available daily:**

- Peer Support 2pm-6pm
- Wellness Team Services 11am-1pm & 2pm-7pm