
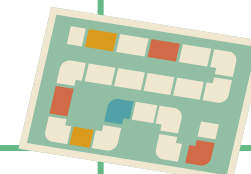





FEBRUARY 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 	27 Out n About 4-5pm 	28 Shrinky Dinks 4-5pm 	29 Yogurt Parfaits 4-5pm 	30 Board Games Tournament 3-4pm 	31	01
02	03 Colour and Cookies 4-5:30pm 	04 Pizza Croissant 4-5pm 	05 DIY Stress Ball 4-5pm 	06 Chillax and Snax 4-5pm 	07	08
09	10 Out n About 4-5pm 	11 	12 Lantern Making 4-5pm 	13 Valentines Day Crafts 4-5pm 	14 Valentines Day Cookies 4-5pm 	15
16	17 CLOSED 	18 Games Night 4-5:30pm 	19 Movie Night 4-5:30pm 	20 DIY Squishmallow 4-5pm 	21 Monkey Bread 4-5pm 	22
23 	24 Out n About 4-5pm 	25 	26 Kindness Chain Making 3-6pm	27 DIY Clay Magnets 4-5pm	28 Paper Plate Fan Making 4-5pm 	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-6pm