

February 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 WYE MARSH, Let's hope the Swans are ready to eat... 12:45 p.m. – 3:30 p.m. 	2  CREATIVE PLAYDATE 12:45 p.m. - 3	3 Chicken Strips And Waffles,  11 – 2 p.m.
4	5	6 MENTAL HEALTH WELLNESS  12:45 – 3 p.m.	7 Vegetarian Casserole Bake 11 am. – 2 p.m. Valentine Watercolour cards 	8  Slow Stitch 12:45 – 3 p.m.	9 Junk Jour- nals 12:45 – 3 p.m. 	10 Ravioli Lunch Cards 11 am.- 1:30 p.m Chuck's Roadhouse Dinner 5:30p.m., will be picking up at 4:30 p.m. or meet at club house  Game 7:30 p.m..
11	12	13 MENTAL HEALTH, LOVING YOURSELF  Always fill your own cup first <small>AND ALLOW THE WORLD TO BENEFIT FROM THE OVERFLOW</small> 12:45 – 3 p.m.	14 SPAGHETTI DINNER 11 a.m. – 2 p.m.  Inspiration Cards Part 1	15 Slow Stitching Catch Up Week 12:45 – 3 p.m.	16  CREATIVE PLAYDATE 12:45 p.m. – 3 p.m.	17 HOT DOGS and WEDGES  11 – 2 p.m. 2 game average for Winner
18	19	20 Mental Health Wellness  12:45 – 3 p.m.	21 Mexican Beef & Cheese Casserole 11 a.m.  Inspiration Cards Part 2	22 Slow Stitching Forest  12:45 – 3 p.m.	23 Junk Journals 12:45 – 3 p.m. 	24 GRILLED CHEESE And FRIES 11 – 2 p.m.
25	26	27 Mental Health Wellness  12:45 – 3 p.m.	28 Shepard's Pie 11am – 2 p.m. Victoria's Visuals Magazine Page, "My World Needs More" 12:00 – 1:30	29 Slow Stitching Forest  12:45 – 3 p.m.	Tuesday Wellness Topics Wk.1 Emotional Regulation Wk 2 Physical Movement Wk 3 Turning down Anxiety Wk 4 Winter Blues & Depression Cycles	