

February 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Service 10:30AM 	<b>2</b>	<b>3</b> <b>Mental Health Wellness</b> 1PM - 3PM Week 5 Emotion Regulation	<b>4</b> Chicken Pot Pie w/ Garden Salad 11AM - 2PM Warm Hearts Air Balloon 	<b>5</b> Women's Group Fill Your Cup 1PM - 3PM Valentines Day Activity 	<b>6</b> Creative playdates 1PM - 3PM Watercolor Heart Cards 	<b>7</b> Crispy Chicken Wraps w/ French Fries 11AM - 2PM 
<b>8</b>	<b>9</b>	<b>10</b> <b>Mental Health Wellness</b> 1PM - 3PM Understanding Emotions	<b>11</b> Spaghetti & Meatballs w/ Garlic Bread 11AM-2PM Kindness Cards 	<b>12</b> Z hggdw#rflld# Gd  44DP 04SP P hqwd#hdok## 	<b>13</b> Creative playdates 1PM - 3PM Button Tree Canvas Art 	<b>14</b> Winterarma Penetang 10AM - 3PM Bag Lunch Provided \$3 
<b>15</b> Service 10:30AM 	<b>16</b>	<b>17</b> <b>Mental Health Wellness</b> 1PM - 3PM Gentle Coping Skills for low Energy	<b>18</b> Baked Chicken Thighs & Rice 11AM - 2PM Coping Strategies Fortune Teller 	<b>19</b> Women's Group Fill Your Cup 1PM - 3PM Mental Health Jeopardy 	<b>20</b> Creative playdates 1PM - 3PM Watercolor Calm 	<b>21</b> French Toast & Fruit 11AM - 2PM 
<b>22</b>	<b>23</b>	<b>24</b> <b>Mental Health Wellness</b> 1PM - 3PM Boundaries Without Guilt	<b>25</b> Hearty Chili w/ Caesar Salad 11AM - 2PM February Hearts - Feelings in Colour 	<b>26</b> Z hggdw#rflld# Gd  44DP 04SP Erduq#dp h#d  # 	<b>27</b> Creative playdates 1PM - 3PM "What I'm Carrying Forward" - Mixed Media Art 	<b>28</b> Baked Mac & Cheese w/ Caesar Salad 11AM - 2PM 



Proud Fundraising  
Partner with  
Delta Bingo  
Penetanguishene



**Delta**  
BINGO > GAMING