


FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	416 Dundas St. E Ph. 416-928-3334 Fax. 416-928-2044 Open daily 8:30-4:30 Breakfast 8:30-10 Lunch 12-2		1 9:30 Embroidery 11 Chair Exercise 2:00 Curiosity Club 2:45 Acu Detox 3:30 Chair Yoga	2 10 Writing Group 2-3 Mandala Workshop 2:30 Spa 3-6 Clinic by apt	3 11 Chair Exercise 2 Art-O-Rama 1:30 Karaoke	4 Cards & Board Games 10 Get Crafty 1:30 Movie
5 Cards & Board Games 10 -12 Reiki 10 Art Group 1:30 Movie	6 10 Knitting 2 Beading	7 9-5 Housing Help 10 Craft Group 2:00 Art Group 2:30-5 Clinic by appt	8 9:30 Embroidery 11 Chair Exercise 2:00 Curiosity Club 2:45 Acu Detox 3:30 Chair Yoga	9 10 Writing Group 2:30 Spa 3-6 Clinic by apt 1.30 -3 Tea Party	10 11 Chair Exercise 2 Art-O-Rama 1:30 Karaoke	11 Cards & Board Games 10 Get Crafty 1:30 Movie
12 Cards & Board Games 1:30 Movie	13 10 Knitting 2 Beading	14 9-5 Housing Help 10 Craft Group 2 -3.30 Valentines Day Party 2:30-5 Clinic by appt	15 Cards & Board Games	16 10 Writing Group 2-3 Diabetic Education Group 2:30 Spa 3-6 Clinic by apt	17 11 Chair Exercise 2 Art-O-Rama 1:30 Karaoke	18 Cards & Board Games 10 Get Crafty 1:30 Movie
19 Cards & Board Games 1:30 Movie	20 FAMILY DAY 10 Knitting Cards & Board Games	21 9-5 Housing Help 10 Craft Group 2:00 Art Group No Clinic	22 9:30 Embroidery 11 Chair Exercise 2:00 Curiosity Club 2:45 Acu Detox 3:30 Chair Yoga	23 10 Writing Group 2:30 Spa 3-6 Clinic by apt	24 11 Chair Exercise 2 Art-O-Rama 1:30 Karaoke 4 - 6 Open Mic	25 Cards & Board Games 10 Get Crafty 1:30 Movie
26 Cards & Board Games 10 -12 Reiki 10 Art Group 1:30 Movie	27 10 Knitting 2 Beading	28 9-5 Housing Help 10 Craft Group 2:00 Art Group 2:30-5 Clinic by appt		<p style="text-align: center;"> ♡ The Change Room presents ♡ Skills for transformative connection series, Everyday Choices: Doing what matters Thursday, February 16th 1:45pm At The 519 Church St </p>		