



FEBRUARY

2020

Mon.	Tue.	Wed.	Thu.	Fri.
<p>3</p> <p>ARTS AND CRAFTS 1-2:30 P.M. <i>Pots & Plants</i></p> <p>MINDFUL MONDAY 2:30-3:30 P.M.</p>	<p>4</p> <p>COFFEE CLUB 1-2:30 P.M.</p> <p>HEALTHY HEARTS 2:30-3:30 P.M.</p>	<p>5</p> <p>COMPUTER + IPAD GROUP 1-3 P.M.</p>	<p>6</p> <p>LEISURE GROUP 1-3 P.M. <i>Chess, <u>BINGO</u>, Fun</i></p>	<p>7</p> <p>BIRDIE BUDDIES BADMINTON 10-11 A.M. <i>Meet at HMHO for 10 A.M to walk to Bernie Morelli</i></p> <p>PHOTOGRAPHY CLUB 1-3:30 P.M.</p>
<p>10</p> <p>ARTS AND CRAFTS 1-2:30 P.M. <i>Pots & Plants</i></p> <p>SINGING 2:30-3:30 P.M.</p>	<p>11</p> <p>COFFEE CLUB 1-2:30 P.M.</p> <p>HEALTHY HEARTS 2:30-3:30 P.M.</p>	<p>12</p> <p>MOVIE TRIP <i>SEE JULIA FOR DETAILS AND TO SIGN UP!</i></p>	<p>13</p> <p>LEISURE GROUP 1-3 P.M. <i>Chess, Games, Fun</i></p>	<p>14</p> <p>HAPPY FEET WALKING GROUP 10:30 A.M -12 P.M. <i>10:30 a.m. Coffee; 11a.m. walk to Bernie Morelli</i></p> <p>VALENTINE'S DAY PARTY! <i>Pizza, pop, treats, games, prizes and more!</i></p>
<p>17</p> <p>FAMILY DAY HMHO CLOSED</p>	<p>18</p> <p>COFFEE CLUB 1-2:30 P.M.</p> <p>HEALTHY HEARTS 2:30-3:30 P.M.</p>	<p>19</p> <p>COFFEE TRIP 11 A.M.-12 P.M. <i>Meet at HMHO for 11 A.M.</i></p> <p>COMPUTER + IPAD DROP-IN GROUP 1-3 P.M.</p>	<p>20</p> <p>LEISURE GROUP 1-3 P.M. <i>Chess, <u>BINGO</u>, Fun</i></p>	<p>21</p> <p>BIRDIE BUDDIES BADMINTON 10-11 A.M. <i>Meet at HMHO for 10 A.M to walk to Bernie Morelli</i></p> <p>ART THERAPY GROUP <i>SEE JULIA FOR DETAILS AND TO SIGN UP!</i></p>
<p>24</p> <p>ARTS AND CRAFTS 1-2:30 P.M. <i>Knitting</i></p> <p>MINDFUL MONDAY 2:30-3:30 P.M.</p>	<p>25</p> <p>COFFEE CLUB 1-2:30 P.M.</p> <p>HEALTHY HEARTS 2:30-3:30 P.M.</p>	<p>26</p> <p>LET'S COOK! <i>See Julia for details and to sign up!</i></p> <p>MOVIE DAY 1-3 P.M. <i>Popcorn & Pop</i></p>	<p>27</p> <p>LEISURE GROUP 1-3 P.M. <i>Chess, Games, Fun</i></p>	<p>28</p> <p>HAPPY FEET WALKING GROUP 10:30 A.M.-12 P.M. <i>10:30 a.m. Coffee; 11a.m. walk to Bernie Morelli</i></p> <p>ART THERAPY GROUP <i>SEE JULIA FOR DETAILS AND TO SIGN UP!</i></p>

CALL JULIA AT 905-522-9767 x 214 FOR DETAILS!

