



FEBRUARY 2019

Mon.	Tue.	Wed.	Thu.	Fri.
				1 PHOTOGRAPHY CLUB 1-3:30 P.M.
4 ARTS AND CRAFTS 1-2:30P.M. MINDFULNESS 2:30 P.M.	5 COFFEE CLUB 1-2 P.M. HEALTHY HEARTS 2-3:30 P.M.	6 BOWLING TRIP <i>SEE ASHLEY FOR DETAILS AND TO SIGN UP!</i>	7 LEISURE GROUP 1-3 P.M. Chess, Games, Fun	8 STRESS MANAGEMENT WITH JUMOKE 1 P.M.
11 SINGING GROUP 1-2:30 P.M. GIRL TALK 2:30 P.M.	12 COFFEE CLUB 1-2 P.M. HEALTHY HEARTS 2-3:30 P.M.	13 COFFEE TRIP 1-2 P.M. <i>Meet at HMHO for 1 P.M</i>	14 VALENTINE'S DAY PARTY! <i>Pizza, pop, treats, games, prizes and more!</i>	15 MOVIE DAY 1-3 P.M. Popcorn & Pop
18 FAMILY DAY HMHO CLOSED	19 COFFEE CLUB 1-2 P.M. HEALTHY HEARTS 2-3:30 P.M.	20 ARTS AND CRAFTS 1-3P.M	21 LEISURE GROUP 1-3 P.M. Chess, Games, Fun	22 COMPUTER + IPAD DROP – IN GROUP! 1-3 P.M.
25 ARTS AND CRAFTS 1-3P.M	26 COFFEE CLUB 1-2 P.M. HEALTHY HEARTS 2-3:30 P.M.	27 MOVIE DAY 1-3 P.M. Popcorn & Pop	28 LEISURE GROUP 1-3 P.M. Chess, BINGO, Fun MINDFULNESS 3 P.M.	

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