February

Monday	Tuesday	Wednesday	Thursday	Friday
				1 12-1 Movie Prep (Popcorn/Snacks) 1-3 The Nun Movie
12-12:30 - Prep: Recipe review & food prep 12:30-2 - Cooking - Turn up the heat and eat 2-2:30 - Clean - Up 2:30-3 - Plan for next week	ABI SUPPORT GROUP BIST (a) Brain Injury Survivor SUPPORT GROUP **ANALYSIS AND	6 11-12 Music Therapy 12-1 LUNCH/Current Events 1-2 Writing Poem/quotes 2-3 Reflect on writing	AGO FIRST: WE ARE EACH OTHER MUSES	8 12-1 Travel 1-2:30 Ripley's Aquarium 2:30-3:30 Travel
FAMILY DAY NO IRON CHEF	MEN'S SOCIAL DROP IN Men's Social Drop In 2nd Tuesday of the Month, 1-3 pm The Company of the Month of the	13 11-12 Music Therapy 12-1 – LUNCH/Current Events 1- 3 Make your own Valentine's Card/ Clean up	VALENTINE'S DAY	15 12-1 Rehab & Recovery (OBIA) 1-2 Testimonies 2-3 Social/ Coffee
18 12-12:30 - Prep: Recipe review & food prep 12:30-2 - Cooking - Turn up the heat and eat 2-2:30 - Clean - Up 2:30-3 - Plan for next week	TRIP TO THE MAKER BEAN CAFÉ	20 11-12 Music Therapy 12-1 – LUNCH/Current Events 1– 2 Yoga Relaxation 2-3 March Calendar	BIAPH (BOWLING FUNDRASEIR EVENT) \$25 PER PERSON BIAPH Brain Injury Association of Peel and Halton	22 10-11:15 Travel 11:15-2:30 Niagara Falls 2:30-4:00 Travel
12-12:30 - Prep: Recipe review & food prep 12:30-2 - Cooking - Turn up the heat and eat 2-2:30 - Clean - Up 2:30-3 - Plan for next week	THE 26 LETTER DANCE	27 11-12 Music Therapy 12-1 – LUNCH/Current Events 1-2 Bird Feeder 2-3 Clean Up	AI WEIWEI: UNBROKEN	





