


Loft Hours: Monday-Friday
10am-4pm unless otherwise stated

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Mental Health Drop In Clinic Every Tuesday 1-3 ↓				1 CMHA Attack Hockey Game Loft open 4:30 Pizza Dinner 5pm Leave 6:15pm
2	Creative Writing 3 11am Tims Social 2pm	Loft open @ 11am 4 Wisdom Meditation 10am Corner Chat 1pm	5 Lunch: Homemade subs "Who is a scammer" 1pm	6 Soup: Beef Barley Aqua Motion swim 3-3:45	Loft open @ 12pm 7 Exercise Group Leave 9:45am Movie Afternoon	8
9	10 Creative Writing 11am Euchre Afternoon 1pm	Loft open @ 11am 11 Wisdom Meditation 10am The Best you group 1pm	12 Lunch: Chicken Alfredo Walk & Talk 1pm	Loft open 10-7 13 Aqua Motion Swim 3-3:45 Friendship Dinner 5pm Turkey	Loft open @ 12pm 14 Exercise Group Leave 9:45am Valentines Bingo 1pm	15 ♥HAPPY Valentine's DAY♥
16 	17 Family Day Brunch Loft 10:30am-11am Bring your hobby and socialize 1-3	Loft open @ 11am 18 Wisdom Meditation 10am Corner Chat 1pm	Loft Closed 19 Grey Roots Museum See Sign up sheet for details	20 Soup: Chicken Noodle Aqua Motion swim 3-3:45	Loft open @ 12pm 21 Exercise Group Leave 9:45am Puzzle Afternoon 1-3	22
23	24 Creative Writing 11am Membership Meeting 12pm	Loft open @ 11am 25 Wisdom meditation 10am The Best you Group 1pm	26 Therapy Dogs 10:30 Lunch: Tacos Walk & Talk 1pm	27 Soup: Split Pea Aqua Motion swim 3-3:45	Loft open @ 12pm 28 Exercise group Leave 9:45am Baking 1pm	29

