

# FEB 2019

## WHAT'S HAPPENING

SUN MON TUE WED THU FRI SAT

01 02

11 AM: Goal planning  
2 PM: Mood mapping  
4 PM: Dinner

03 04 05 06 07 08 09

11 AM: Baking  
2 PM: Discussion How cancer has affected you  
4 PM: Dinner

*World Cancer Day*

**FREE LUNCH**

11 AM: Guided meditation  
2 PM: Yoga  
4 PM: Dinner

11 AM: Coffee social  
2 PM: Journaling  
4 PM: Dinner

**FREE LUNCH**

11 AM: Grocery list budget  
2 PM: Trivia  
4 PM: Dinner

10:30 AM: Consumer/Survivor breakfast  
2 PM: Creative Writing  
4 PM: Dinner

10 11 12 13 14 15 16

11 AM: Improv Games  
2 PM: Newsletter meeting  
4 PM: Dinner

**FREE LUNCH**

11 AM: Club cleanup  
2 PM: Bingo – Valentine's theme  
4 PM: Dinner

11 AM: Board & Card games  
2 PM: Valentines Colouring  
4 PM: Dinner

**FREE LUNCH**

11 AM: Cupcake baking  
2 PM: Movie  
4 PM: Dinner

Friendship Day

11 AM: Take down Valentines decorations  
2 PM: Birthday Celebration  
4 PM: Dinner

17 18 19 20 21 22 23

**Closed for the day**

*Family Day*

**FREE LUNCH**

11 AM: Guided meditation  
2 PM: Yoga  
4 PM: Dinner

11 AM: Coffee Social  
2 PM: Journaling  
4 PM: Dinner

**FREE LUNCH**

11 AM: Grocery list budget  
2 PM: Trivia  
4 PM: Dinner

11 AM: Memory game  
2 PM: Creative Writing  
4 PM: Dinner

24 25 26 27 28

11 AM: Resume building  
2 PM: TED TALK: *There is no shame taking care of your mental health*  
4 PM: Dinner

**FREE LUNCH**

11 AM: Club cleanup  
2 PM: Bingo  
4 PM: Dinner

*Pink Shirt Day*  
Wear a Pink Shirt

11 AM: Discussion: *Bullying outside the school yard*  
1 PM: CLUB 90 GOES BOWLING  
4 PM: Dinner

**FREE LUNCH**

11 AM: Grocery list budget  
Newsletter folding  
2 PM: Newsletter folding and distribution  
4 PM: Dinner

**Come out and celebrate the birthday's of:**  
**January:** Patricia, Maragret, Jennalea, Michael, Robert, Laurent, David, Devin, Paul, Douglas, Marc.  
**February:** Doug, James, Candice, Rosemary, Peter, Rod, Michael, Stacey, Alice, Lawrence, Douglas, Crystal.  
**Birthday celebration will be held on Feb. 15**