



M.I.N.D

My Mind. My Move.

FEBRUARY

NOON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		FRIENDS Harder to find IMPOSSIBLE to forget	1 Breakfast with Craig 10-11:30 Life Skills Depression 1-3	2 Cross Stitch with Anthony 9-12 Game Day/ Board Games 1-3
5 One on one with Craig 10-12 Open Art 1-3	6 Cross stitch with Anthony 9-12 Life Skills Narcissistic Personality Disorder 1-3	7 Diamond Painting 1-3	8 Coffee and Chat 10-12 Life Skills Depression 1-3	9 Cross Stitch with Anthony 9-12 Bocce Ball 1-3
12 One on one with Craig 10-12 Open Art Room 1-3	13 Cross Stitch with Anthony 9-12 Life Skills Narcissistic Personality Disorder 1-3	14 Tim Hortons 10-12  Diamond Painting 1-3	15 Meal Prep Ideas with Craig 10-12 Life Skills Depression 1-3	16 Cross Stitch with Anthony 9-12 Karaoke 1-3
19 HAPPY family DAY	20 Cross Stitch with Anthony 9-12 Life Skills Narcissistic Personality Disorder 1-3	21 Diamond Painting 1-3	22 Candle Painting 10-12 Life Skills Depression 1-3	23 Cross Stitch with Anthony 9-12 Bingo 1-3
26 One on one with Craig 10-12 Open art Room 1-3	27 Cross stitch with Anthony 9-12 Life Skills Narcissistic Personality Disorder 1-3	28 Nutrition with Craig 10-12 Diamond Painting 1-3	29 Carnival Target 10-12 Life Skills Open Discussion on this Months Topics 1-3	Pantry Hours 10am-11:30am 3pm-4pm Closed On Wednesday



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FRIENDSHIP