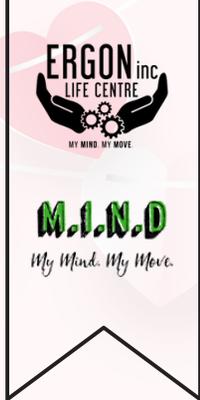


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Monday Reset 10-12 Creative Corner 1-3	3 Crafters & Coffee 9-12 Communication Across Genders P.1 1-3	4  Diamond Painting Group Discussion 1-3 1-3	5 Pantry Meal Prep - Kitchen 10-12 Heard, not hurt 1-3	6 Tangled Up in Thread 10-12 Valentines day Craft 1-3
9 Monday Reset 10-12 Creative Corner 1-3	10 Crafters & Coffee 10-12 Communication Across Genders P.2 1-3	11 Diamond Painting Group Discussion 1-3 1-3	12 Mug Cakes 10-12 Rewind & Rephrase 1-3	13 Tangled Up in Thread 10-12 Valentines Day Exchange 1-3
16 	17 Crafters & Coffee 10-12 Emotional Intelligence 1-3	18  Diamond Painting Group Discussion 1-3 1-3	19 Pantry Meal prep - Kitchen 10-12 Walk at Centennial 1-3	20 Tangled Up in Thread 10-12 Karaoke 1-3
23 Monday Reset 10-12 Creative Corner 1-3	24 Crafters & Coffee 10-12 Emotional Intelligence 1-3	25 Diamond Painting Group Discussion 1-3 1-3	26 Tangled Up in Thread 10-12 Emotional Intelligence with Lego 1-3	27 Tangled Up in Thread 10-12 Movie 1-3

🕒 Hours Reminder
Ergon now opens at **9:00 AM** for members.
All regular programming begins at **10:00 AM**, unless otherwise noted.
☕ Client-led groups like Coffee & Crafters and Tangled Up in Thread are welcome to start at **9:00 AM** — just keep in mind that doors open right at 9:00 (not earlier).



FEBRUARY 2026

*View our Website
for the latest updates!*



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🌐 www.ergoninc.ca

