

Monday	Tuesday	Wednesday	Thursday	Friday
			1	NEW! 10:30 Meditation 1:30 Crafternoon – Affirmations Kroeker 2
5	Penfeld 6 10:30 Colourama 1:30 Games	Penfeld 7 1:30 Penfeld Tenant Meeting 2:30 Talk Time	8	Penfeld 9 10:30 Meditation 1:30 Crafternoon – V Day
12	Wilson 13 10:30 Coffee & Colourama 1:30 Games	Valentine's Day Wilson 14 1:30 Wilson Tenant Meeting 2:30 Talk Time	15	Wilson 16 10:30 Meditation 1:30 Crafternoon – Pebble Art
19	Penfeld 20 10:30 Colourama 1:30 Games	Penfeld 21 1:30 Penfeld Tenant Meeting 2:30 Talk Time	22	Penfeld 23 10:30 Meditation 1:30 Crafternoon – Pebble Art
26	Kroeker 27 10:30 Coffee & Colourama 1:30 Thrifty Tuesday	Kroeker 28 1:30 Kroeker Tenant Meeting 2:30 Talk Time	29	Kroeker March 1 10:30 Meditation 1:30 Crafternoon – Pebble Art
THRIFTY TUESDAY Wilson & Kroeker tenants. Let's walk to nearby thrift stores & shop. Meet at Kroeker bldg.	TALK TIME TOPICS Self-Love Dealing with Conflict	TENANT MEETINGS Please join tenant meetings to discuss building concerns, groups and potential events.	COLOURAMA Colouring is a mindful activity that relieves stress, calms the brain & helps your body relax.	Kim Heidinger HSW 431-205-6530 kim.heidinger@edenhealthcare.ca

EVENTS

Relax

Meditation for mindfulness and relaxation.

Meet

Come for coffee, stay for conversation with your neighbours.

Talk

Discussion topics to help navigate life. What do you want to talk about?

Play

Board games. Card games. Word games. Bring your favourite.

Create

Friday afternoons are Crafternoons.

Shop

Walk to nearby thrift stores and shop for deals and treasures.