


February 2024

Forward Club House
Monday–Friday 1-5:30,
Saturday 10-5:30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch at 1	Lunch at 1	Lunch at 1	Lunch at 1	Lunch at 1	3rd Quiz Time 10:30-11:30 Comedy Hour 11:30-12:30 Lunch at 1 Scrabble Tournament 2-4 Canasta & Crib 4-5:30 10th Meditation 10:30-11:30 Comedy Hour 11:30-12:30 Lunch at 1 Scrabble Tournament 2-4 Bingo 4-5:30 17th Discussion 1-:30-11:30 Comedy Hour 11:30-12:30 Lunch at 1 Scrabble Tournament 2-4 Canasta & Crib 4-5:30 24th Relaxation 10:30-11:30 Comedy Hour 11:30-12:30 Lunch at 1 Scrabble Tournament 2-4 Bingo 4-5:30
LGBTQ+ 1:30-2:30	Stephen's Stories 1:30-2:15	Kitchen Fun 1:30-3	Women's Group 1:30-2:30	HUG meeting 1:30-2	
Music Fun 3:00-4:30	Get Moving 2:30-4:30	Men's Group 3:30-4:30	Meditation/Gentle Stretch 2:30-3:30	Writing Circle 2-3	
Dinner 5-5:30	Coffee House & Games 4:50-5:30	Dinner 5-5:30	Docs in the Den/ Coffee House 4-5:30	Mexican Train 3-4:30 Dinner 5-5:30	
 CLOSED MONDAY FEBRUARY 19th for Family Day Stat	Music Therapy on Tuesdays 20th & 27th from 11:30- 12:30	Lunch served daily at 1pm. Dinner served Mondays, Wednesdays & Fridays at 5pm	House is open daily from 10-1 for Quiet Time/Reading/ Meditation	Get Moving 6 - Activity in Den 13 - Activity in Den 20 - Bowling 27 - Escape Room	