


February 2020

Daytime 9am-3pm Group Respite Calendar

S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Happy 25th Birthday Nicholas!
2	3 Nic's birthday Celebrations & Lunch Date (T1/\$) Community Service (T1)	4 DIY Muffins Creativity Gym (T1)	5 Group Games Let's Brunch! (L)	6 Foot Spa Program Errands & Afternoon Apps. (T1)	7 *Community Class* Ability Dance Fit(T1) 10:30-11:30am Creativity	8
9	10 DIY Muffins Pamper Yourself Community Service (T1)	11 Coffee Date (T1/\$) Movement & Movie	12 Bowling (T1/\$) Creativity	13 Valentine Flower Sales @ St. Clair College & Lunch Date (T2/\$)	14 Happy Valentine's Day! Pay-it-Forward (T1) DIY Heart Pizza Lunch (L)	15
16 Happy Birthday Natalie	17 Family Day Closed	18 Pamper Yourself ATC Walking Track (T1)	19 Movement/Gym (T1) Lunch Date (T1/\$)	20 Movie at Soutpoint (T1/\$) Foot Spa	21 *Community Class* Ability Dance Fit (T1) 10:30-11:30am Instruments from Around the World	22
23	24 AquaFit (T1/\$) DIY Muffins Community Service (T1)	25 Group Games Gym (T1)	26 Movement Movie Day In	27 Foot Spa Program Errands & Afternoon Apps. (T1)	28 Claire's Kitchen: Gourmet Grilled Cheese & Soup (L) ATC Walking Track (T1)	29
		Notes	Previous month's payment is due on the 15th of every month.			
			Wednesday February 12th is Karaoke Night 6:30pm-8:00pm! Location changed to St. Paul's Anglican Church in Essex. This is a community event, all ages and abilities welcome! Please come out and join us for our last Karaoke Night of the year!			
						
			**Calendars are subject to change			

February 2020

Evening (3pm-8pm) Group Respite Calendar

S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	*PICK UP*	4	5	6	7
		Menu: Dinner Date (\$)		Menu: Wraps (D)	Menu: Chick. Fingers & Veggies (D)	8
		Let's Hit the Gym & Essex County Heroes Basketball (T1)		Let's Hit the Gym! (T1) Grocery Shop & Meal Prep	Let's Hit the Gym! (T1) Explore Your Community	
9	10	*PICK UP*	11	12	13	14
		Menu: Dinner Date (\$)	*Community Event*	Menu: Meatballs & Rice (D)	Menu: Dinner Date (\$)	15
		Let's Hit the Gym & Essex County Heroes Basketball (T1)	Karaoke Night! 6:30-8:00pm at St. Paul's Anglican Church!	Let's Hit the Gym! (T1) Grocery Shop & Meal Prep	Valentines Dinner & Movie Date (T2/\$)	
16	17	*PICK UP*	18	19	20	21
		Menu: Dinner Date (\$)		Menu: Nacho Night (D)	Menu: Dinner Date (\$)	22
		Let's Hit the Gym & Essex County Heroes Basketball (T1)		Let's Hit the Gym! (T1) Grocery Shop & Meal Prep	McGregor Dance (T2/\$)	
23	24	*PICK UP*	25	26	27	28
		Menu: Dinner Date (\$)		Menu: Chick. Ceasar Salad (D)	Menu: Dinner Date (\$)	29
		Let's Hit the Gym & Essex County Heroes Basketball (T1)		Let's Hit the Gym! (T1) Grocery Shop & Meal Prep	Let's Hit the Gym! (T1) *Membership Event* Games Night 6:00pm-7:30pm	**Special Event** Details to follow!
		Notes: Pervious month's payment due on the 15th of every month *Alternate Pick-Up Locations* Tuesday night pick up is at Essex High School				
		Wednesday February 12th is Karaoke Night 6:30pm-8:00pm! Location changed to St. Paul's Anglican Church in Essex. This is a community event, all ages and abilities welcome! Please come out and join us for our last Karaoke Night of the year!				
		 <small>*Calendars are subject to change</small>				