



















February

Tuesday: 8:00 am - 1:00pm
Mon, Wed, Thurs, Friday: 8:00am - 3:00pm
(613)594-8861

Light Breakfast served from 8:30am - 9:30am
Lunch served from 12:00pm - 1:00pm

Ottawa Distress Centre (613)238-3311
Mental Health Crisis Line (613)722-6914
Emergency Housing After Hours (call after 4pm)
 (613)580-2400
SASC(Sexual Assault Support Centre)
 (613)234-2266

Monday	Tuesday	Wednesday	Thursday	Friday
February 3	February 4	February 5	February 6	February 7
 10:30 Acupuncture 1:30 Arts and Crafts Valentine's Cards & Crafts	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:00 Closed 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10-2 Spiritual Care 1:30-3:00: Manicures Tai Chi- 10:30 	1:00-3:00: Karaoke & Games 
February 10	February 11	February 12	February 13	February 14
 Winterlude Outing 10:30 1:30 Arts and Crafts Valentine Art treats	9:00: Housing Help 9:00-11:30: Haircuts 10-11:30 Chair Massage 10:00-11:00: Yoga 1:00 Closed 	10:00-12:00: SASC-Workshop 10:30 Legal Clinic - Cannabis Law bingo 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10-2 Spiritual Care 10 Laughing Exercise Lunch Time: Birthday Tea 	1:00-3:00: Karaoke & Games 12-2 Lunch at St. Joe's 
February 17	February 18	February 19	February 20	February 21
 CLOSED FAMILY DAY	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:00 Closed 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10-2 Spiritual Care 1:30-3:00: Manicures Tai Chi - 10:30 	12:30 Acupuncture 1:00-3:00 Karaoke and Games 
February 24	February 25	February 26	February 27	February 28
 10:00 Dental Screening 1:30 Arts and Crafts Creative Boxes	9:00: Housing Help 9:00-11:30: Haircuts 10-11:30 Chair Massage 10:00-11:00: Yoga 1:00 Closed 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10-2 Spiritual Care 1:30-3:00: Manicures 	10:00 Make Dream Catchers with Kat 1:00-3:00: Karaoke & Games February 29 Saturday Pancake Breakfast 10-2
March 2	March 3	March 4	March 5	March 6
 1:30 Arts and Crafts Women's posters	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:00 Closed 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	11:00-2:00 St. Joe's 	1:00-3:00: Karaoke & Games 