

February 2021

Group Services Online Virtual Programs Using Microsoft Teams

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WOMEN2WOMEN (Open Discussion) 1:00pm - 2:00pm	2 GET MOVING (Seated Stretching) 10:30am - 11:00am	3 VIRTUAL VACATIONS (Italy) 1:00pm - 2:00pm	4 GET MOVING (Seated Dance) 10:30am - 11:00am THEME THURSDAY (Name that Couple) 1:00pm - 2:00 pm	5 CREATIVE EXPRESSION (Mardi Gras Masks) 10:30am - 11:00am VIRTUAL FRIDAYS (Price is Right) 6:00pm—7:00pm
8 WOMEN2WOMEN (Love Yourself) 1:00pm - 2:00pm	9 GET MOVING (Seated Exercise) 10:30am - 11:00am	10 VIRTUAL VACATIONS (Paris) 1:00pm - 2:00pm	11 GET MOVING (Seated Dance) 10:30am - 11:00am THERAPEUTIC THURSDAY (Love and Kindness) 1:00pm - 2:00pm	12 CREATIVE EXPRESSION (Chinese New Year Lanterns) 10:30am - 11:00am
15 CLOSED FOR FAMILY DAY	16 GET MOVING (Seated Yoga) 10:30am - 11:00am	17 VIRTUAL VACATIONS (Hawaii) 1:00pm - 2:00pm	18 GET MOVING (Seated Dance) 10:30am - 11:00am THEME THURSDAY February Jeopardy 1:00pm - 2:00 pm	19 CREATIVE EXPRESSION (Mosaic Hearts) 10:30am - 11:00am VIRTUAL FRIDAYS (True or False) 6:00pm - 7:00pm
22 WOMEN2WOMEN (Get Creative) 1:00pm - 2:00pm	23 GET MOVING (Seated Exercise) 10:30am - 11:00am MUSIC THERAPY (Kristen Anderson) 1:00pm—2:00 pm	24 CLINIC WEDNESDAY (Being Prepared) 10:30am - 11:00am VIRTUAL VACATIONS (England) 1:00pm - 2:00pm	25 GET MOVING (Seated Dance) 10:30am - 11:00am THERAPEUTIC THURSDAY (A Day in the Life) 1:00pm - 2:00pm	26 CREATIVE EXPRESSION (Creative Canvas) 10:30am - 11:00am

TO JOIN A VIRTUAL PROGRAM
PLEASE CONTACT THE GROUP
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Head Injury
Rehabilitation
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