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1	2 Pet Therapy 11:30am Glenhyrst Clay Flower Dish Making 1:00pm-2:00pm 	3 Music Therapy (Small Group) 1:30pm and 2:30pm	4 10 Pin Bowling 1:30pm 	5 Coffee Social 6:30pm 	6 Salt Caves at Grand Wellness Brantford Group 1: 11:45am Group 2: 12:15pm 	7
8	9 Music Therapy (Large Group) 1:30pm Evening Pet Therapy 6:30pm	10 BINGO Night 6:30pm 	11 10 Pin Bowling 1:30pm 	12  Sensity 3 rd Annual Chili Cook Off 12:00pm	13 Flying Squirrel Trampoline Park in Hamilton 2:00pm 	14
15 	16 Music Therapy (Large Group) 1:30pm Pre-St. Patrick's Day Celebration 6:30pm	17 Dr. Seuss Experience 11:00am 	18 10 Pin Bowling 1:30pm 	19 	20	21 Spaghetti Dinner Night 6:00pm 
22	23 Music Therapy (Large Group) 1:30pm	24 Shamrock Shakes! 11:00am 	25 10 Pin Bowling 1:30pm  Evening Pet Therapy 6:30pm	26 Goalball at W. Ross 2:00pm 	27 Winter Walking Club at Wayne Gretzky Sports Centre 2:00pm 	28
29	30 Pet Therapy 11:30am Individual Music Therapy 10:00am- 4:00pm 	31 Music Therapy (Small Group) 1:30pm and 2:30pm				

TO PRE-REGISTER: 1-877-760-7439 EXT 102 or ACTIVITY@SENSITY.CA

Note: No shows or last minute cancellations must still pay costs

ACTIVITY/DATE	REGISTER BY	LOCATION	COST TO CONSUMERS	COST TO IV	SPECIAL NOTES
Music Therapy	See dates on calendar	Sensity – MPR or Music Room	\$10.00	Included	Join Music Therapy Intern: Kyla as she brings energy and excitement each week for Music Therapy.
Pet Therapy	See dates on calendar	Sensity – MPR	Drop-in	No Cost	Our furry friends from Therapeutic Paws will be visiting with their humans bringing you affection and comfort to your busy days.
Evening Pet Therapy	See dates on calendar	Sensity – MPR	Drop-in	No Cost	Come join us for an evening Pet Therapy Session with Layla and Bijjal! These furry friends are certified through therapeutic paws and will bring love and affection to your busy days.
10 Pin Bowling	The Friday before	Star Lanes 144 Mary St. Brantford, ON	\$4.00	No Cost	Join us at Star Lanes this month in Brantford for some 10 Pin Bowling fun! The cost is only \$4.00 and it is sure to be a great time. Enjoy some friendly competition and let's see who can get the highest score and the most strikes and spares! Bring extra money for pop & snacks Note: All participants must register the Friday before.
Glenhyrst Clay Flower Dish Making	Feb. 25 th	Sensity – MPR	\$7.00	No Cost	Join Glenhyrst Art Gallery presenter Yvonne as we learn to make colourful clay flower dishes here at Sensity! The cost is just \$7.00 and you get to take home your own clay creation!
Coffee Social	March 4 th	Sensity – MPR	No Cost	No Cost	Miss the feel of a comfy coffee café? Come on out to our fun and soothing Café Social! Enjoy your favourite coffee, tea or hot chocolate beverage in a relaxed environment with soft music playing in the background all while chatting with your friends. Join special guest and music therapy intern Kyla, as she plays our favourite music to dance and sing along to. There is no cost to attend this event as drinks and snacks are provided!
Salt Caves at Grand Wellness	Feb. 28 th	202 Grand River Avenue Brantford, ON	\$25.00	No Cost	Quiet your mind and let your eyes take in the glow of the imported pink rock salt and lamps at the Grand Wellness Salt Caves! Listen to the waterfalls cascading, and drift away with the soft music. Breathe in the purified air and allow your senses to absorb the whole experience while your body restores itself. Only 4 spots are available per session due to the limited spacing. Booking is on a first come basis. The salt caves are wheelchair accessible.
BINGO Night	March 3rd	Sensity – MPR	FREE	No Cost	Feeling lucky? B-I-N-G-O! It's BINGO time! Bring your best Bingo dabber to the Resource Centre for a fun night and see if you can take home a prize.
Sensity 3 rd Annual Chili Cook Off	March 5th	Sensity – MPR	No Cost Potluck	No Cost	Test your luck in the 3 rd Annual Sensity Chili Cook Off! Bring your best pot of chili to Sensity to compete with your friends for the title of best chili. Our esteemed judging panel returns to award prizes for best overall chili, most creative chili and most heart healthy chili. Be sure to bring your appetite as you sample everyone's creations! Good luck!
Flying Squirrel Trampoline Park	March 6th	1550 Upper James St. Hamilton, ON	\$12.50	No Cost	Join us at Flying Squirrel Trampoline Park in Hamilton! Cost includes a pair of jumping socks that are yours to take home and a one hour session on the trampolines. Participants will receive a waiver upon registration that they must complete before participating that day. The entire venue is wheelchair accessible and there is a food court on site.
Pre-St. Patricks Day Party	March 12 th	Sensity – MPR	\$3.00	No Cost	It's St. Patricks Day tomorrow but why not get a head start on the festivities with a rousing party full of fun, drinks, music and food. Wear your best green attire and come celebrate the Irish way at Sensity!
Dr. Seuss Experience	REGISTRATION CLOSED	199 Rathburn Rd. West Mississauga, ON	\$39.00	No Cost	The Dr. Seuss experience is a chance for Dr. Seuss stories to come to life! With rooms filled with Truffula trees and swings to balloon mazes and more. This is an amazing sensory experience that many have enjoyed. REGISTRATION IS CLOSED FOR THIS EVENT AS TICKETS HAVE BEEN PURCHASED IN ADVANCE.
Spaghetti Dinner	March 18 th	Sensity – MPR	\$5.00	\$5.00	It's a Saturday night feast at Sensity! Join new café coordinator Ashley as she serves up some delicious spaghetti and meatballs with all the fixings! Tickets will be available to purchase in the RC Store for \$5.00.
Shamrock Shakes	March 19 th	Sensity – MPR	\$3.00	No Cost	Let's start up the blender and mix up some awesome green shamrock shakes! Lactose free ingredients will be available.
W. Ross Goalball Game	March 24 th	W. Ross Macdonald 350 Brant Ave. Brantford, ON	No Cost	No Cost	GOAL! Goalball, that is. Come to W. Ross Macdonald School and learn how to play this awesome Paralympic sport. If you would like to play for Team Sensity or would like to watch this exciting challenge match, please send me an e-mail with your name and which role you would prefer, PLAYER or SPECTATOR or sign-up online!
Winter Walking Club at Wayne Gretzky Sports Centre	March 26 th	254 North Park St. Brantford, ON	No Cost	No Cost	Winter Walking Club meets again at Wayne Gretzky Sports Centre to provide some indoor exercise for those feeling confined by the winter weather. Let's see if you can beat your lap totals from last time!
Individual Music Therapy with Trevor	March 23rd	Sensity – Music Room	\$20.00/ 30mins	No Cost	Trevor will be booking individual music therapy sessions in 30 minute time slots starting at 10:00am today! To register, please call Jay at ext. 102 or fill in your desired timeslot on the Google Doc. Hurry, spots are sure to go quick!