




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 A Few of My Favourite Things Activity 2:00pm Group Music Therapy	2 6:00pm BINGO Night	3 2:00pm Sing-A-Long Music 	4 3:00pm Share a Few of My Favorite Things Activity	5 11:00am Bake Nutella Cookies 2:00pm Group Music Therapy	6 <i>Reggae Music Day!</i>
7	8 2:00pm Group Music Therapy Watch a Romantic Comedy or Love Story!	9 11:00am Valentine's Day Card Making	10 10:30am Have Cards Ready for Pick-Up! 2:00pm Sing-A-Long Music	11 6-9pm Valentine's Day BINGO 	12 Chinese New Year Party with Yi-Min! 2:00pm Group Music Therapy	13
14 	15 	16 11:00 Marti Gras Themed BINGO 4:00 Ingrid's Chair Yoga Class!	17 2:00pm Sing-A-Long Music	18 11:00am Part 1 Paint Morning 6pm Game Night	19 2:00pm Group Music Therapy	20 11:00am Part 2 Paint Morning
21	22 2:00pm Group Music Therapy	23 Tasneem Hosting Sensory Magic Bottle Activity! 6:00pm BINGO	24 11:00am Bake Nachos 2:00pm Sing-A-Long Music	25 Chili Making Day! 3:00pm Sensity 5 th Anniversary in Paris Picture Sharing and Storytime	26 11:00am Chili Tasting Contest! 2:00pm Group Music Therapy	27
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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	REGISTER BY	LOCATION	Materials	SPECIAL NOTES
A Few of my Favourite Things Activity	Jan 29th	Independent	Provided	Have fun creating your own Heart Map about your favourite things with the help of your IV!
Group Music Therapy	Jan 29th	Zoom	No	Tianna, James and Kyla's fun filled Monday Music Therapy!
BINGO	Jan 29th	Zoom	No	Get your BINGO cards ready for some excitement!
Sing A-Long Music	Feb 1st	Zoom	No	Join Kyla, James and Tianna and sing a-long to your favourite songs.
Share A Few of My Favourite Things Activity	Feb 3rd	Zoom	No	Share A Few of my Favourite Things Heart Map with your friends!
Bake Nutella Cookies	Feb 3rd	Zoom	Have/ Provided	Happy National Nutella Day! Bake some easy 3 ingredient cookies.
Group Music Therapy	Feb 3rd	Zoom	No	James, Tianna and Kyla's fantastic Friday Music Therapy!
Reggae Music Day!	Feb 5th	Independent	Provided	Celebrating Bob Marley and Reggae music today!
Group Music Therapy	Feb 5th	Zoom	No	Tianna, James and Kyla's fun filled Monday Music Therapy!
Watch Romantic Comedy or Love Story	N/A	Independent	No	Watch a Romantic Comedy with your roommates and Iv's!
Make Valentine's Day Cards	Feb 5th	Zoom	Have/ Provided	If you like painting or origami, be sure to join in!
Have Valentine's Day Cards Ready	Feb 5th	In Person	Have	Kat will be picking up your cards to deliver to your friends.
Sing A-Long Music	Feb 8th	Zoom	No	Join Kyla, James and Tianna and sing a-long to your favourite songs.
Valentine's Day BINGO	Feb 9th	Zoom	Provided	A Valentine's Themed BINGO and card!
Chinese New Year with Yi-Min	Feb 10th	Zoom	Provided	Celebrate the Chinese New Year with a lucky red envelope and Chinese Zodiacs!
Group Music Therapy	Feb 10th	Zoom	Provided	James, Tianna and Kyla's fantastic Friday Music Therapy!
Marti Gras Themed DAY BINGO	Feb 12th	Zoom	Provided	Provided with a mask and beads for a party time BINGO!
Ingrid's Chair Yoga Class	Feb 12th	Zoom	No	Grab a chair and get flexible!
Sing A-Long Music	Feb 15th	Zoom	No	Join Kyla, James and Tianna and sing a-long to your favourite songs.
Part 1 Paint Morning	Feb 15th	Zoom	Have/ Provided	Vote on two different paintings to paint this week! Part one of it completed today!
Game Night!	Feb 16th	Zoom	No	A fun game where you answer a Name, Place and Animal according to what letter is shown.
Group Music Therapy	Feb 17th	Zoom	No	James, Tianna and Kyla's fantastic Friday Music Therapy!
Paint Morning Part 2	Feb 15th	Zoom	No	Complete your painting with Part 2!
Group Music Therapy	Feb 19th	Zoom	No	Tianna, James and Kyla's fun filled Monday Music Therapy!
Magic Bottle Sensory Activity with Tasneem	Feb 19th	Zoom	Provided	A Sensory Activity hosted by Tasneem from Sensity Welland!
BINGO	Feb 22nd	Zoom	No	BINGO, everyone's favourite night!
Bake Nachos	Feb 20th	Zoom	Yes	Happy National Tortilla Day! Join in to make some amazing tacos with guacamole!
Sing-A-Long Music	Feb 22nd	Zoom	No	Join Kyla, James and Tianna and sing a-long to your favourite songs.
Chili Making Day!	Feb 23rd	Independent	Provided	Prepare your own chili with your roommates and IV's for a Chili Contest happening tomorrow!

Story Sharing for 5th Anniversary in Paris	Feb 22nd	Zoom	No	It's Sensity's 5 th Anniversary in Paris and we would like to hear the consumer's successes though pictures and stories!
Chili Tasting Contest!	Feb 23rd	Door to door	Provided	Each apartment gets to taste the Chili's and vote on which one wins!
Group Music Therapy	Feb 24th	Zoom	No	James, Tianna and Kyla's fantastic Friday Music Therapy!