











# February 2026 | BIAN Program Calendar



Monday 10AM - 3PM	Tuesday 10AM - 3PM	Wednesday 10AM - 3PM	Thursday 10AM - 3PM
2	3	4	5
Clubhouse is closed from February 2 <sup>nd</sup> - February 6 <sup>th</sup>			
10 Opening Peer Social 11 Meal Preparation Group 12-1 Tortellini Bake 1-2:30 Valentines Family Feud 	10 Opening Peer Social 11 Meal Preparation Group 12-1 Mini Pizza 1-2:30 Music Trivia 	10 Opening Peer Social 11 Meal Preparation Group 12-1 Breakfast for Lunch 1-2:30 Yoga with Rebecca 	10 Opening Peer Social 11 Meal Preparation Group 12-1 Chicken Fingers & Fries 1-2:30 Men's Peer Support Group 1-2:30 Board Games/Cards
 	10 Opening Peer Social 11 Meal Preparation Group 12-1 Burrito Bowls 1-2:30 Programming with Jennifer	10 Opening Peer Social 11 Meal Preparation Group 12-1 Chili 1-2:30 Mindfulness with James 	10 Opening Peer Social 11 Meal Preparation Group 12-1 Tuna Melts 1-2:30 Bingo 
10 Opening Peer Social 11 Meal Preparation Group 12-1 Poutine 1-2:30 Scattergories 	10 Opening Peer Social 11 Meal Preparation Group 12-1 Stir Fry 1-2:30 Zentangle Doodle Art 	10 Opening Peer Social 11 Meal Preparation Group 12-1 Grilled Cheese & Tomato Soup Bake 1-2:30 Yoga with Rebecca 	10 Opening Peer Social 11 Meal Preparation Group 12-1 BLT's and Salad 1-2:30 Women's Peer Support Group 1-2:30 Board Games/Cards

# February 2026 | Important Communication

## NOTES:

- **Sign-up is required Monday through Thursday. Due to capacity, you may be denied access if you have not registered. Contact Tamara at 905-646-2426 extension 1 or [tamara@bianiagara.org](mailto:tamara@bianiagara.org) to sign-up.**
- **Monday - Thursday Lunches: Active participation in preparation is required as part of BIAN's Clubhouse model. The cost is \$5.00. Please make arrangements in advance if you have an allergy or dietary restriction.**
- A green highlight on the calendar indicates when a specialized program is running with a guest facilitator.
- A pink highlight on the calendar indicates Women's Group.
- A blue highlight on the calendar indicates Men's Group.

## ACTIVITIES /SPECIAL EVENTS:

- Welland Peer Support Group: Friday, February 6th **\*Sign Up is required, please reach out to Rachel at [supportgroups@bianiagara.org](mailto:supportgroups@bianiagara.org) to register**
- West Niagara Peer Support Group: Wednesday, February 18<sup>th</sup> **\*Sign Up is required, please reach out to Rachel at [supportgroups@bianiagara.org](mailto:supportgroups@bianiagara.org) to register**

## CLUBHOUSE CLOSURES:

- Clubhouse will be closed from **Monday, February 2<sup>nd</sup> - Friday, February 6th**
- Clubhouse will be closed on **Monday, February 16<sup>th</sup> for Family Day**

