




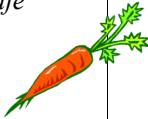













February is Health and Wellness month for Social Rec!  
Our focus is on healthy eating and Being active!



				Wed	Thu	Fri	Sat
						1	2 <i>Vernon Winter Carnival Parade and Hot Air Balloon Fest</i> 9:30-4:00pm
3 <i>Billiards @ Rusty's</i> 11:00 - 2:00pm 	4 	5	6 <i>Rockets vs Spokane</i> 6:30-9:30pm 	7 <i>Healthy Eating Cooking Group &amp; Easy Peasy yoga</i> 3:30-7:00pm	8  <i>Marm Cat Café</i> 5:00-7:00pm 	9	
10	11	12 <i>Dinner &amp; Movie Night</i> 5:00-9ish 	13	14 <i>Happy Valentine's Day Potluck Karaoke Dance Party!</i> 5:30-8:00pm  	15 <i>Rockets vs Everett</i> 6:30-9:30pm 	16 <i>Andreas B-day Lunch at Kelly O' Brian's West side</i> 11:00-1:30pm	
17	18	19 <i>Swimming H2o</i> 6:30-9:00pm 	20	21 <i>Bowling &amp; Appies</i> 3:30-6:30pm 	22	23 <i>Rockets vs Vancouver</i> 6:30 - 9:30pm 	
24 <i>Snowshoeing Nordic Trails</i> 9:30 - 4:30pm 	25	26 <i>Walk the track at CNC</i> 3:30-7:00pm 	27	28 <i>Art Gallery</i> 3:30-7:00pm 	<div data-bbox="1402 1172 1747 1481" data-label="Text"> <p>Celtic Music Festival! March 14th! \$40</p>  </div>		



<b>Saturday February 2nd</b>	<b>Vernon Winter Carnival Parade</b> And Hot Air Balloon Fest		9:30-4:00pm <b>All day event!</b>	Meet and pick up from Pathways	<b>Event is free!</b> \$20-30 for food for the day Please dress warmly! Feel free to Bring your own drinks snacks
<b>Sunday February 3rd</b>	<b>Billiards @ Rusty's</b>		11:00 –2:00pm	Meet and pick up from Rusty's Out for a walk afterwards	 Pool is free! \$10 to contribute to shared appetizers
<b>Wednesday February 6th</b>	<b>Rockets vs Spokane</b>		6:30-9:30pm	Meet and pick up from Prospera Place Double side doors in the Suit holders parking lot	Tickets pre sold for all games \$5-10 for snacks
<b>Thursday February 7th</b>	<b>Healthy Eating Cooking group</b> And yoga		3:30-7:00pm	Meet and pick up from Pathways	*Please wear/ bring comfy clothes
<b>Friday February 8th</b>	 <b>Marmalade Cat Café</b> Free live music!		5:00-7:00pm	Meet and pick up from Marm Cat Café 2903 Pandosy	\$15 for a healthy meal
<b>Tuesday February 12th</b>	<b>Dinner and Movie</b>		5:00-9ish pm	Meet and pick up from Chopped leaf in Orchard Plaza	\$10-15 \$7-10 for movie
<b>Thursday February 14th</b>	<b>Valentines Potluck Karaoke Dance Party!</b>		5:30-8:00pm	Meet and pick up from Pathways	Please bring a healthy dish to share! Wear Pink or Red for group Pic! Don't forget your dancing shoes! 
<b>Friday February 15th</b>	<b>Rockets vs Everett</b>		6:30-9:30pm	Meet and pick up from Prospera	Prebooked games \$5-10 for snacks
<b>Saturday February 16th</b>	<b>Andreas B-day Lunch West Side</b> Kelly O Brian's		11:00-1:30pm	Meet and pick up from Pathways	\$10-20 for lunch
<b>Tues February 19th</b>	<b>Swimming H2o</b>		6:30-9:00pm	Meet and pick up from Pathways	<b>Swimming is free!</b> \$5-10 for Juga Juice \$1 Change for a locker Bring Swm suit /towel
<b>Thursday February 21st</b>	<b>Bowling &amp; Appies</b>		3:30-6:30pm	Meet and pick up from Pathways	\$10 for 2 games \$10 shared appies
<b>Friday February 23rd</b>	<b>Rockets vs Vancouver</b>		6:30-9:30pm	Meet and pick up from Prospera Place Double side doors in the Suit holders parking lot	Tickets pre sold for all games \$5-10 for snacks
<b>Sunday February 24th</b>	<b>Snowshoeing Nordic Trails</b>		9:30am 4:30pm <b>All day event!</b>	Meet and pick up from Pathways	\$5 donation for trails *Please bring/wear winter gear -water and a packed lunch in a back pack <b>\$20 to rent shoes</b>
<b>Tuesday February 26th</b>	<b>Walk the track at CNC</b> out for dinner at Boomers for a healthy meal		3:30-7:00pm	Meet and pick up from Pathways	 \$2 track fee \$10-20 for dinner Please wear appropriate attire for walking
<b>Thursday Feb 28th</b>	<b>Art Gallery</b> Visit a couple gallery's and out for healthy dinner afterwards		3:30-7:00pm	Meet and pick up from Pathways	Gallery's are free \$15-20 for dinner 