


February 2019 Day Hab calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>5</p> <p>Chinese New Year Year of the Pig</p> <p>Explore the Asian store On First Ave</p>	<p>6</p> <p>AM: Mt Beans coffee house</p> <p>History Club: Which queen am I?</p>	<p>7</p> <p>Beatle mania hits the US in 1964</p> <p>Out to Lunch outing \$\$ Community resources</p>	<p>8</p>
<p>11</p>	<p>12</p> <p>Presidential Quiz</p> <p>African American Museum \$5</p>	<p>13</p> <p>AM: Dollar Tree & JoAnn Fabrics</p> <p>Make a collage on what you LOVE</p>	<p>14</p> <p>Emotions of everyday Life...have you gotten Your heart broke?</p> <p>Betty Jane's candies & Flowerama</p>	<p>15</p>
<p>18</p>	<p>19</p> <p>Substance Abuse & mental Health issues</p> <p>Wicki-Up Hill Nature Center Winter bird watching</p>	<p>20</p> <p>AM: Prairie Wood spiritual Center</p> <p>Coping with Depression 10 tips to stay connected</p>	<p>21</p> <p>Improving Emotional Intelligence</p> <p>Hy-vee in Marion Starbucks</p>	<p>22</p>
<p>25</p>	<p>26</p> <p>Traumatic Stress Signs & Symptoms</p> <p>Explore down town</p>	<p>27</p> <p>AM: West Dale Bowling \$6 Meeting Milestones in CR & Pathways in Iowa City for unlimited bowling & social time</p>	<p>28</p> <p>Stress tips in a Jar</p> <p>Hiawatha Library</p>	<p>24</p> 