

# February

2026

Quest  
Community Health Centre

Monday

Tuesday

Wednesday

Thursday

Friday

Art Journal  
1:30-3:00pm

2

Ear Acupuncture  
1:30-2:30pm

3

Balance & Mobility  
2:15-3:00pm

Cardio & Strength  
3:15-4:00pm

Community Ties  
1:30-2:30pm

4

Youth Skills Group  
4:30-6:30pm

Smart Recovery  
3:00-4:30pm

5

Queer Connections  
(Ages 14-19)  
4:00-5:30pm

2SLGBTQ+ Adult  
Social (Ages 20-35)  
4:00-5:30pm

9

Balance & Mobility  
2:15-3:00pm

10

Cardio & Strength  
3:15-4:00pm

Dietitian Q & A  
10:30-11:30am

11

Youth Skills Group  
4:30-6:30pm

Smart Recovery  
3:00-4:30pm

12

Queer Connections  
(Ages 14-19)  
4:00-5:30pm

TGIF  
1:30-3:00pm

13

**CLOSED**

16

Ear Acupuncture  
1:30-2:30pm

17

Balance & Mobility  
2:15-3:00pm

Cardio & Strength  
3:15-4:00pm

Community Ties  
1:30-2:30pm

18

Youth Skills Group  
4:30-6:30pm

Smart Recovery  
3:00-4:30pm

19

Queer Connections  
(Ages 14-19)  
4:00-5:30pm

Client Advisory  
Lunch & Learn  
1:00-2:00pm

20

Client Advisory  
3:00-4:00pm



23

Balance & Mobility  
2:15-3:00pm

24

Cardio & Strength  
3:15-4:00pm

Youth Skills Group  
4:30-6:30pm

25

Smart Recovery  
3:00-4:30pm

26

Queer Connections  
(Ages 14-19)  
4:00-5:30pm

TGIF  
1:30-3:00pm

27

Art Journal  
1:30-3:00pm



2

Ear Acupuncture  
1:30-2:30pm

3

Balance & Mobility  
2:15-3:00pm

Cardio & Strength  
3:15-4:00pm

Community Ties  
1:30-2:30pm

4

Youth Skills Group  
4:30-6:30pm

Smart Recovery  
3:00-4:30pm

5

Queer Connections  
(Ages 14-19)  
4:00-5:30pm

Virtual and In-person

