



# FEBRUARY



129 E. CRAWFORD ST.  
4TH FLOOR  
OPEN WEEKDAYS  
3PM - 6PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	03  Flavor Exploration 4 - 6	04  Cook and Carry Homeade Pizza 4 - 6	05  TOTW: Vision Boards 4 - 6	06  Nail Art 4 - 6	07  Tie Dye 4 - 6	
	10  Create w/ CJ: Bouncy Balls 4 - 6	11  Cook and Carry Walkin Taco 4 - 6	12  TOTW Happiness 4 - 6	13  Engineering Day 4 - 6	14  Friendship Bracelets 3 - 5 Valentines Party 5-8	
	17  Create W/ CJ Air Clay 4 - 6	18  Cook and Carry Grilled Cheese 4 - 6	19  TOTW: Friendship 4 - 6	20  Bob Ross Painting 4 - 6	21  Switch Bowling League week 1 4 - 6	
	24  DIY Sugar Scrub 4 - 6	25  Cooking with Joanne 4 - 6	26  TOTW Health and Fitness 4 - 6	27  Hiking with Hannah Coffee Amici 4 - 6	28  3D pen design / 3D Printer 4 - 6	

# FEBRUARY NEWSLETTER

Join us for our Flavor Exploration! We will be testing our palettes with new flavors, from sour to spicy, we'll be trying it all!

In addition to Cooking with Joanne we have decided to add weekly cooking classes! Whether you're looking to sharpen your culinary skills, or just looking to take home some good food, we welcome everyone to our table.

Topic of the Week goes Virtual!

Every Wednesday we discuss the TOTW which you can now join in on the totw discussion games virtually via Zoom!

Here's how to join

1. Open Zoom\*

- Open the Zoom app or visit Zoom from a browser

2. Click on "Join a Meeting"

3. Enter the Meeting ID: 414 976 9640

4. Enter the Passcode: LOFT!

5. Click "Join"

If you have any issues joining, please contact The LOFT (567-250-8530) for help.

Nail Art day will include both fingernail painting/design AND art design with hardware nails

Create with CJ on Mondays! Each Monday CJ will have a new craft project to learn, all skill levels are welcome!

For Engineering day, we will be building towers and bridges out of various materials and testing their strength.

Hiking with Hannah is a new program that will take place the last Thursday of every month. Due to the cold, this month we will be walking to Coffee Amici for a sweet treat!

February marks the start of our Switch Bowling League sponsored by Blanchard Valley Hospital.

## Valentines Day Party

Friday the 14th THE LOFT will be open until 8PM for our Valentines Day Party! We will have Heart-shaped Pizza, Bingo with cool prizes, Friendship Bracelets, and a Pinata! Ages 11 - 17 are welcome!

### Breathing Exercises

**Breathing Exercises are a great way to combat anxiety. Here are a few examples that may help the next time you're feeling anxious.**

**Belly breathing:** Inhale slowly through your nose and feel your stomach rise as your lungs fill with air. Exhale slowly through your mouth.

**Box breathing:** Inhale deeply through your nose, hold your breath, exhale through your mouth, and pause. Repeat this cycle several times.

**4-7-8 breathing:** Inhale through your nose for a count of 4, hold your breath for a count of 7, and exhale slowly through your mouth for a count of 8

**Progressive muscle relaxation breathing:** Inhale deeply, tense a muscle group, then exhale while releasing the tension. Repeat with other muscle groups.

**Smiling breath:** Can help you switch to a more positive mood.

**Finger count breathing:** Slowly count starting at one and going until you feel ready to stop can help you slow racing thoughts.