



Whitby 55+ SELF-CARE CALENDAR

F E B R U A R Y

2 0 2 6



SUN	MON	TUE	WED	THU	FRI	SAT
1 Clear one small area	2 Try a new breakfast	3 Have a screen-free evening	4 Send a kind message	5 Do something without multi-tasking	6 Cozy book or movie night	7 Start a gratitude journal
8 Learn a breathing exercise	9 Enjoy time outside	10 Learn to meditate Meditation Workshop at BCCL 💡 6:00–7:30pm #66756	11 Try a creative hobby	12 Eat extra vegetables	13 Dance to music 💡 “Love through the Decades” Dance #65533	14 Take a laugh break
15 Donate or help someone	16 Set a morning intention	17 Learn a skill for fun	18 Chat with friends “The Next Chapter Circle” Drop-in 💡 3:00–4:00pm	19 5 minutes of morning stretches	20 Make a calming playlist	21 Try a new workout
22 Take the stairs	23 Plant something	24 Do something playful	25 Treat yourself	26 Call a loved one	27 Plan an adventure	28 Read something new