

June 2017

PHONE: 250-564-2447

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Anger Management 10:00-11:30am Open Social Canadian History: Mona Parsons 1:00-2:30pm	2 Therapeutic Yoga 9:30-10:30am	3
4	5 Happy Helmet Day Men's Group Movie – The Mechanic 11:00-12:30 Cribbage 12:30–2:30pm	6 Karate 9:30-10:30am Rebuilding Physical Effects 11:00-12:30pm	7 Connect Learn Grow Topic: Dealing with the heat of summer 12:30 – 2:00pm	8 Anger Management 10:00-11:30am Open Social Topic: Camp Safety 1:00-2:30pm	9 Therapeutic Yoga 9:30-10:30am	10
11	12 Education Presentation Grief & Loss 11:00-12:30pm Cribbage 12:30–2:30pm	13 Karate 9:30-10:30am Rebuilding Physical Effects Last Class 11:00-12:30pm	14 CAMP Office Closed after we leave	15 CAMP Office Closed	16 Therapeutic Yoga 9:30-10:30am	17
18	19 Ladies' Group 11:00-12:30 Cribbage 12:30–2:30pm	20 Karate 9:30-10:30am	21 Connect Learn Grow Topic: Loneliness 12:30-2:00pm PWD	22 Anger Management 10:00-11:30am Open Social Topic: July Planning 1:00-2:30pm	23 Therapeutic Yoga CANCELLED 9:30-10:30am	24
25	26 Education Presentation Stress, Anxiety & Depression 11:00-12:30pm Cribbage 12:30–2:30pm	27 Karate 9:30-10:30am	28 Connect Learn Grow Topic: Attitude of gratitude 12:30-2:00pm CPP	29 Anger Management 10:00-11:30am Open Social Topic: Keeping cool in the summer 1:00-2:30pm	30 Therapeutic Yoga 9:30-10:30am	