




# DECEMBER 2017

Phone: 250-564-2447

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Cribbage 12:30pm-2:30pm	5 Karate 9:30-10:30am Concussion Management 11:00am-12:30pm	6 Connect Learn Grow Topic: Dealing with Christmas season 12:30pm-2:00pm	7 NO EMOTIONAL MANAGEMENT CLASS BIG Christmas Party 4:00pm – 8:00pm 	8 Therapeutic Yoga 10:00-11:00am	9 Therapeutic Yoga 10:00-11:00am
10	11 Cribbage 12:30pm-2:30pm	12 Karate 9:30-10:30am Concussion Management 11:00am-12:30pm	13 Connect Learn Grow Topic: Gift exchange 12:30pm-2:00pm BIG CHILDREN'S CHRISTMAS PARTY 3:00pm- 5:00pm	14 Emotional Management 11:00am-12:30pm Open Social: Christmas Movie: A Royal Christmas 1:00pm-2:30pm	15 Therapeutic Yoga 10:00-11:00am	16
17	18 Women's group 11:00am – 12:30pm Topic: Art Work as a form of rehab: expressing oneself with brush & paint Cribbage 12:30pm-2:30pm	19 Karate 9:30am-10:30am Concussion Management 11:00am-12:30pm Tea & Cookies at The Group Home	20 Connect Learn Grow Topic: Rhonda's Craft 12:30pm-2:00pm PWD & CPP	21 Emotional Management 11:00am-12:30pm Open Social Topic: Sharing Christmas Stories 1:00pm-2:30pm	22 NO Therapeutic Yoga	23
24	25  OFFICE CLOSED Christmas Day!	26  Boxing Day OFFICE CLOSED	27 Connect Learn Grow Topic: Fear of re: injury 12:30pm-2:00pm	28 Emotional Management 11:00am-12:30pm Open Social Topic: New Year Resolutions 1:00pm-2:30pm	29 Therapeutic Yoga 10:00-11:00am	30
31 New Year's Eve	January 1st OFFICE CLOSED New Year's day					