

# FEBRUARY 2018

Phone: 250-564-2447

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1 Emotional Management #11</b> 11:00am-12:30pm  <b>Open Social:</b> <b>Topic:</b> Louis Cyr- Famous strongman 1:00pm-2:30pm	<b>2 Therapeutic Yoga</b> 10:00am-11:00am	<b>3</b>
<b>4</b>	<b>5 Cribbage</b> 12:30pm-2:30pm  <b>Relationship Group</b> Topic: Dessert & Discussion 6:30pm-8:00pm	<b>6 Karate</b> 9:30am-10:30am	<b>7 Rebuilding Physical Effects #2</b> 10:00am- 11:30am  <b>Connect Learn Grow</b> Topic: Super Brain Video part2 & discussion 12:30pm-2:00pm	<b>8 Emotional Management #12</b> 11:00am-12:30pm  <b>Open Social:</b> Movie: "My beautiful broken Brain" 1:00pm-2:30pm	<b>9 Therapeutic Yoga</b> 10:00am-11:00am	<b>10</b>
<b>11</b>	<b>12</b>  <b>Office closed</b>	<b>13 Karate</b> 9:30am-10:30am	<b>14 Rebuilding Physical Effects #3</b> 10:00am- 11:30am  <b>Connect Learn Grow</b> Topic: Super Brain Video part2 & discussion 12:30pm-2:00pm	<b>15 PG BIG 30<sup>th</sup></b>  <b>Anniversary celebration</b>  <b>Valentines party/ Why we Love PGBIG</b> 1:00pm-2:30pm	<b>16 Therapeutic Yoga</b> 10:00am-11:00am	<b>17</b>
<b>18</b>	<b>19 Women's group</b> Topic: Boundaries 11:00am – 12:30pm  <b>Cribbage</b> 12:30pm-2:30pm	<b>20 Karate</b> 9:30am-10:30am  <b>Volunteer Training</b> 1:00pm-2:30pm	<b>21 Rebuilding Physical Effects #4</b> 10:00am- 11:30am  <b>Connect Learn Grow</b> Topic: Who Am I 12:30pm-2:00pm  <b>PWD &amp; CPP</b>	<b>22 Emotional Management #13</b> 11:00am-12:30pm  <b>Open Social</b> Bowling @ Nechako Lanes. Meet @ PGBIG 12:45 12:00pm-2:30pm	<b>23 Therapeutic Yoga</b> 10:00am-11:00am	<b>24</b>
<b>25</b>	<b>26</b>  <b>Cribbage</b> 12:30pm-2:30pm	<b>27 Karate</b> 9:30am-10:30am	<b>28 Rebuilding Physical Effects #5</b> 10:00am- 11:30am  <b>Connect Learn Grow</b> Topic: Regaining Personal Independence 12:30pm-2:00pm			

