

# March 2018

Phone: 250-564-2447

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p><b>1 Emotional Management #14</b> 11:00am-12:30pm</p> <p><b>Open Social:</b> <b>Topic: The Canadians: Rose Fortune</b> 1:00pm-2:30pm</p>	<p><b>2 Therapeutic Yoga</b> 1:00pm-2:00pm</p>	<b>3</b>
<b>4</b>	<p><b>5 Women's Art/ Painting group</b> 11:00am – 12:30pm</p> <p><b>Cribbage</b> 12:30pm-2:30pm</p> <p><b>Relationship Group</b> Topic: Emotional changes after brain injury/how it impacts relationships 6:30pm-8:00pm</p>	<p><b>6 Karate</b> 10:30am-11:30am</p> <p><b>Intro to Brain Injury #1</b> 1:00pm- 2:30pm</p> <p><b>Open Coffee</b> 9.30am-10.30am</p>	<p><b>7 Rebuilding Physical Effects #6</b> 10:30am- 12:00pm</p> <p><b>Connect Learn Grow</b> Topic: <b>Who Am I</b> 12:30pm-2:00pm</p>	<p><b>8 Emotional Management #15</b> 11:00am-12:30pm</p> <p><b>Open Social:</b> <b>Topic: Super Brain Video1</b> 1:00pm-2:30pm</p>	<p><b>9 Therapeutic Yoga</b> 1:00pm-2:00pm</p>	<b>10</b>
<b>11</b>	<p><b>12 Cribbage</b> 12:30pm-2:30pm</p>	<p><b>13 Karate</b> 10:30am-11:30am</p> <p><b>Intro to Brain Injury #2</b> 1:00pm- 2:30pm</p> <p><b>Open Coffee</b> 9.30am-10.30am</p>	<p><b>14 Rebuilding Physical Effects #7</b> 10:30am- 12:00pm</p> <p><b>Connect Learn Grow</b> <b>Duane- Fly fishing</b> <b>Rudy- Coin coat of arms</b> 12:30pm-2:00pm</p> <p><b>Open Art Group</b> 2:30pm- 4:00pm</p>	<p><b>15 Emotional Management #16</b> 11:00am-12:30pm</p> <p><b>Irish Stewing &amp; Biscuit Cooking Contest</b> 1:00pm-2:30pm</p>	<p><b>16 Therapeutic Yoga</b> 1:00pm-2:00pm</p>	<b>17</b>
<b>18</b>	<p><b>19 Women's group</b> Topic: Boundaries #2 11:00am – 12:30pm</p> <p><b>Cribbage</b> 12:30pm-2:30pm</p>	<p><b>20 Karate</b> 10:30am-11:30am</p> <p><b>Intro to Brain Injury #3</b> 1:00pm- 2:30pm</p> <p><b>Open Coffee</b> 9.30am-10.30am</p>	<p><b>21 Connect Learn Grow</b> Topic: <b>Dating after Brain Injury</b> 12:30pm-2:00pm</p> <p><b>PWD</b></p>	<p><b>22 Emotional Management #17</b> 11:00am-12:30pm</p> <p><b>Open Social:</b> The Canadians: Jacques Plante 1:00pm-2:30pm</p>	<p><b>23 Therapeutic Yoga</b> 1:00pm-2:00pm</p>	<b>24</b>
<b>25</b>	<p><b>26 Cribbage</b> 12:30pm-2:30pm</p>	<p><b>27 Karate</b> 10:30am-11:30am</p> <p><b>CPP</b></p> <p><b>Open Coffee</b> 9.30am-10.30am</p>	<p><b>28 Rebuilding Cognitive Effects #1</b> 10:30am- 12:00pm</p> <p><b>Connect Learn Grow</b> Topic: <b>Balance Issues</b> 12:30pm-2:00pm</p>	<p><b>29 Emotional Management #18</b> 11:00am-12:30pm</p> <p><b>Open Social: Super Brain Video2</b> 1:00pm-2:30pm</p>	<p><b>30 Office closed</b> <b>Good Friday</b></p>	<b>31</b>