

APRIL 2018

Phone: 250-564-2447

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 OFFICE CLOSED EASTER MONDAY	3 Karate 10:30am-11:30am Open Coffee 9.30am-10.30am	4 Rebuilding Cognitive Effects #2 10:30am- 12:00pm Connect Learn Grow Topic: Nutrition and the Brain #1 12:30pm-2:00pm	5 Open Social: Bowling @ Nechako Lanes Meet @ PGBIG 12:45pm	6 Therapeutic Yoga 1:00pm-2:00pm	7
8	9 Women's Art/ Painting group 11:00am – 12:30pm Cribbage 12:30pm-2:30pm Relationship Group will be for family members only this month 6:30pm-8:00pm	10 Karate 10:30am-11:30am Open Coffee 9.30am-10.30am	11 Rebuilding Cognitive Effects #3 10:30am- 12:00pm Connect Learn Grow Topic: Nutrition and the Brain #2 12:30pm-2:00pm	12 Open Social: The Canadians: Ada McCallum 1:00pm-2:30pm	13 Therapeutic Yoga 1:00pm-2:00pm	14
15	16 Women's group Topic: Boundaries 11:00am – 12:30pm Cribbage 12:30pm-2:30pm	17 Karate 10:30am-11:30am Open Coffee 9.30am-10.30am	18 Rebuilding Cognitive Effects #4 10:30am- 12:00pm Connect Learn Grow Topic: Nutrition and the Brain #3 12:30pm-2:00pm Open Art Group (Fluffy Pom-Pom Rug) 2:30pm- 4:00pm	19 Spring Jamboree Party 1:00pm-2:30pm	20 Therapeutic Yoga 1:00pm-2:00pm	21
22	23 Cribbage 12:30pm-2:30pm	24 Karate 10:30am-11:30am Open Coffee 9.30am-10.30am Volunteer Appreciation 1:00pm- 2:30pm (invitation only)	25 Rebuilding Cognitive Effects #5 10:30am- 12:00pm Connect Learn Grow Topic: Birth of Neurons 12:30pm-2:00pm	26 Open Social Topic: Visit to the Exploration Place 1:00pm-2:30pm	27 Therapeutic Yoga 1:00pm-2:00pm	28
29	30 Cribbage 12:30pm-2:30pm					

