


# October 2018

# Phone: 250-564-2447

| Sunday | Monday   | Tuesday                                     | Wednesday   | Thursday  | Friday   | Saturday  |
|--------|--|---|---|---|--|-----------|
|        | <p>1 <b>Cribbage</b><br/>12:30pm-2:30pm</p> <p><b>Relationship Group</b><br/>Topic: Dealing with the day to day stuff after injury<br/>6:30pm-8:00pm</p> | <p>2 <b>Karate</b><br/>10:30am-11:30am</p>  | <p>3 <b>Emotional Management #1</b><br/>10:00am- 11:30am</p> <p><b>Connect Learn Grow</b><br/>Topic: Neuroplasticity<br/>12:30pm-2:00pm</p>   | <p>4 <b>Rebuilding After Brain Injury #1</b><br/>10:00am- 11:30am</p> <p><b>Open Social</b><br/>The Canadians: <b>Georges Vanier</b><br/>1:00pm-2:30pm</p>                | <p>5 <b>Restorative Yoga</b><br/>11:00am- 12:00pm</p>                                  | <p>6</p>  |
| 7      | <p>8</p> <p><b>OFFICE CLOSED<br/>THANKSGIVING</b></p>                   | <p>9 <b>Karate</b><br/>10:30am-11:30am</p>  | <p>10 <b>Emotional Management #2</b><br/>10:00am- 11:30am</p> <p><b>Connect Learn Grow</b><br/>Topic: Sleep Issues<br/>12:30pm-2:00pm</p>   | <p>11 <b>Rebuilding After Brain Injury #2</b><br/>10:00am- 11:30am</p> <p><b>Open Social</b><br/>Special Event: Thanksgiving Pot-luck 🍗<br/>1:00pm-2:30pm</p>             | <p>12 <b>Restorative Yoga</b><br/>11:00am- 12:00pm</p>                                 | <p>13</p> |
| 14     | <p>15 <b>Cribbage</b><br/>12:30pm-2:30pm</p>   | <p>16 <b>Karate</b><br/>10:30am-11:30am</p> | <p>17 <b>Emotional Management #3</b><br/>10:00am- 11:30am</p> <p><b>Connect Learn Grow</b><br/>Topic: Regain Personal Independence<br/>12:30pm-2:00pm</p> <p>Open Art/ Craft Group<br/>2:30pm- 4:00pm</p> | <p>18 <b>Rebuilding After Brain Injury #3</b><br/>10:00am- 11:30am</p> <p><b>Open Social:</b><br/>Topic: <b>Margaret "Ma" Murray</b><br/>1:00pm-2:30pm</p>                | <p>19 <b>Norman Doidge Conference</b></p> <p><b>RESTORATIVE YOGA<br/>CANCELLED</b></p> | <p>20</p> |
| 21     | <p>22 <b>Women's group</b><br/>Topic: Hormone changes and Brain Injury<br/>11:00am – 12:30pm</p> <p><b>Cribbage</b><br/>12:30pm-2:30pm</p>               | <p>23 <b>Karate</b><br/>10:30am-11:30am</p> | <p>24 <b>Emotional Management #4</b><br/>10:00am- 11:30am</p> <p><b>Connect Learn Grow</b><br/>Topic: Dealing With Loneliness<br/>12:30pm-2:00pm<br/><b>PWD</b></p>                                       | <p>25 <b>Rebuilding After Brain Injury #4</b><br/>10:00am- 11:30am</p> <p><b>Open Social:</b><br/>Bowling at Nechako Lanes<br/>Meet@ PGBIG 12:45pm if you need a ride</p> | <p>26 <b>Restorative Yoga</b><br/>11:00am- 12:00pm</p>                                 | <p>27</p> |
| 28     | <p>29 <b>Cribbage</b><br/>12:30pm-2:30pm<br/><b>CPP</b></p>  | <p>30 <b>Karate</b><br/>10:30am-11:30am</p> | <p>31 <b>Emotional Management #5</b><br/>10:00am- 11:30am</p> <p><b>Connect Learn Grow</b><br/>Topic: Dealing with impulsive actions<br/>12:30pm-2:00pm</p>   |   |  |           |

