



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Restorative Yoga 11:00am-12:00pm	2
3	4 Women's Art Group 11:00am- 12:30pm Cribbage 12:30pm-2:30pm Relationship Group Overview of the Five love languages and barriers in expressing love after injury 6:30pm – 8:00pm	5 Walking Group 10:00am-11:00am CN CENTRE Karate-10:30am-11:30am	6 Brain Injury Tool Box #1 10:00am-11:30am CLG Topic: What gives you inspiration? 12:30pm-2:00pm	7 Rebuilding #19 10:00am- 11:30am Open Social Topic: Charley Boormans Canada 01 1:00pm-2:30pm	8 Restorative Yoga 11:00am-12:00pm	9
10	11 Cribbage 12:30pm-2:30pm Women's Group Topic: Reiki with guest presenter Rachelle 11:00am- 12:30pm	12 Walking Group 10:00am-11:00am CN CENTRE Karate- 10:30am-11:30am	13 Brain Injury Tool Box #2 10:00am-11:30am CLG Topic: Emotional roller coaster 12:30pm-2:00pm Open Art Group 2:00pm-3:00pm	14 Rebuilding #20 10:00am- 11:30am  Valentine's Day Pancake Brunch 1:00pm-2:30pm	15 Restorative Yoga 11:00am-12:00pm	19
17	18 office closed 	19 Walking Group 10:00am-11:00am CN CENTRE Karate-10:30am-11:30am	20 Brain Injury Tool Box #3 10:00am-11:30am CLG Topic: Memory Strategies 12:30pm-2:00pm Music Space(organization meeting) 2:00pm-3:00pm	21 Rebuilding #21 10:00am- 11:30am Open Social Topic: Charley Boormans Canada 02 1:00pm-2:30pm	22 Restorative Yoga 11:00am-12:00pm	23
24	25 Cribbage 12:30pm-2:30pm	26 Walking Group 10:00-11:am CN CENTRE Karate 10:30am-11:30am	27 Reiki #1 10:00am- 11:30am CLG Topic: Review brain parts 12:30pm-2:00pm	28 Rebuilding #22 10:00am- 11:30am Open Social Topic Charley Boormans Canada 03 Topic: 1:00pm-2:30pm		