

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 OFFICE CLOSED	2 Emotional Management #13 10:00am- 11:30am  CLG Topic: New Year's Resolutions 12:30pm-2:00pm	3 Rebuilding After Brain Injury #13 10:00am- 11:30am  Open Social Topic: Joseph Tyrrell 1:00pm-2:30pm	4 NO Restorative Yoga	5
6	7 Women's Art Group 11:00am- 12:30pm  Cribbage 12:30pm-2:30pm  Relationship Group 6:30 - 8 pm Using Stoplight method in communication challenges	8 Walking Group 10-11:am CN CENTRE  Karate 10:30am-11:30am	9 Emotional Management #14 10:00am- 11:30am  CLG Topic: "Value of sharing our stories" 12:30pm-2:00pm	10 Rebuilding #14 10:00am- 11:30am  Open Social Topic: Nechako Bowling Meet at PGBIG 12:45pm if you need a ride	11 NO Restorative Yoga	12
13	14 Brain Games 11:30am-12:30pm  Cribbage 12:30pm-2:30pm	15 Walking Group 10-11:00 am CN CENTRE  Karate 10:30-11:30am  Intro to Brain Injury #1 1:00pm-2:30pm	16 Emotional Management #15 10:00am- 11:30am  CLG Topic: Acceptance VS Giving Up 12:30pm-2:00pm	17 Rebuilding #15 10:00am- 11:30am  Open Social Topic: Kit Coleman 1:00pm-2:30pm	18 Restorative Yoga 11:00am-12:00pm Yay – Christine is back!	19
20	21 Brain Games 11:30am-12:30pm  Cribbage 12:30pm-2:30pm  Women's Group Exploring Music and the Brain. 11:00am- 12:30pm	22 Walking Group 10:00-11:am CN CENTRE  Karate 10:30am-11:30am  Intro to Brain Injury #2 1:00pm-2:30pm	23 Emotional Management #16 10:00am- 11:30am  CLG Topic: Alternate Therapies overview 12:30pm-2:00pm	24 Rebuilding #16 10:00am- 11:30am  Open Social Special Event: Lynn's Retirement Hippie theme – come dressed in your bell bottoms & beads!! 1:00pm-2:30pm	25 Restorative Yoga 11:00am-12:00pm	26
27	28 Brain Games 11:30am-12:30pm  Cribbage 12:30pm-2:30pm	29 Walking Group 10:00-11:am CN CENTRE  Karate 10:30-11:30am  Intro to Brain Injury #3 1:00pm-2:30pm	30 Emotional Management #17 10:00am- 11:30am  CLG Topic: Alternate Therapies overview(part 2, if needed) 12:30pm-2:00pm	31 Rebuilding #17 10:00am- 11:30am  Open Social Topic: Birdman 1:00pm-2:30pm		