

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLG Topic: Chronic Pain Part 3 12:30pm-2:00pm  Music Appreciation Group 2:15pm- 3:15pm	2 OPEN SOCIAL Topic: Canadian Mafia Documentary 1:00pm-2:30pm	3 RESTORATIVE YOGA 11:00am-12:00pm	4
5	6 WOMEN'S ART GROUP 11:00am- 12:30pm  CRIBBAGE 12:30pm-2:30pm  RELATIONSHIP GROUP Topic: Open Discussion 6:30pm – 8:00pm	7 KARATE 10:30am-11:30am  TOOLBOX #1 1:00pm-2:30-pm	8 CLG Topic: Chronic Pain Part 4 12:30pm-2:00pm  OPEN ART GROUP 2:30pm-4:00pm	9 OPEN SOCIAL Topic: Wild Canada 1:00pm-2:30pm	10 RESTORATIVE YOGA 11:00am-12:00pm	11
12	13 CRIBBAGE 12:30pm-2:30pm	14 KARATE 10:30am-11:30am  TOOLBOX #2 1:00pm-2:30-pm	15 CLG Topic: Dr. Aman- Video on the brain 12:30pm-2:00pm  Music Appreciation Group 2:15pm- 3:15pm	16 OPEN SOCIAL  Tail Gate Party 1:00pm-2:30pm	17 RESTORATIVE YOGA 11:00am-12:00pm	18
19	20 OFFICE CLOSED VICTORIA'S DAY	21 KARATE 10:30am-11:30am  TOOLBOX #3 1:00pm-2:30-pm	22 CLG Topic: Open Discussion 12:30pm-2:00pm	23 OPEN SOCIAL Bowling( Nechako bowling lanes) Meet at BIG 12:30pm if you need a ride 1:00pm-2:30pm	24 RESTORATIVE YOGA 11:00am-12:00pm	25
26	27 WOMEN'S GROUP Topic:Link between BI and Mental Health 11:00am- 12:30pm  CRIBBAGE 12:30pm-2:30pm	28 KARATE 10:30am-11:30am	29 CLG Topic: Vulnerability after BI 12:30pm-2:00pm	30 OPEN SOCIAL Topic:Canadian Colonel Russell Williams 1:00pm-2:30pm	31 RESTORATIVE YOGA 11:00am-12:00pm	