

SEPTEMBER 2024



PHONE: 250-564-2447

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
1	2 Office Closed Labour Day	3 Toolbox 10:00 am – 11:30 am	4 CLG "Relationships" "12:30 pm-2:00 pm"	5 Open Social Abandoned Town Everyone Forgot: Telegraph Creek 1:00-2:30 pm	6 Ping Pong/Crib/Jenga 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	7
8	9 Coffee Group 11:00 am-12:00 pm	10 Toolbox 10:00 am – 11:30 am	11 Karate 10:00 -11:30 am New Members welcome! CLG "Nutrition and eating habits" "12:30 pm-2:00 pm"	12 Open Social "The Klondike Gold Rush" 1:00-2:30 pm	13 Ping Pong/Crib/Jenga 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	14
15	16 Coffee Group 11:00 am-12:00 pm	17	18 Karate 10:00 -11:30 am CLG "Why Sleep Is So Important" 12:30 pm-2:00 pm PWD	19 Rebuilding 10:00 am – 11:30 am Open Social "The Beauty of British Columbia: From City to Sea" 1:00-2:30 pm	20 Ping Pong/Crib/Jenga 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm Yoga	21
22	23 Coffee Group 11:00 am-12:00 pm Art Group 1:00 pm- 3:00 pm	24 Intro to Brain Injury 10:00 am – 11:30 am	25 Karate 10:00 -11:30 am CLG "Planning for Wills" 12:30 pm-2:00 pm CPP	26 Rebuilding 10:00 am – 11:30 am Reconciliation Potluck 1:00 pm- 2:30 pm Bring a dish to share! At the Office!	27 Woman's Group "Purpose & Meaning After TBI" 10:00 am – 11:30 am Ping Pong/Crib/Jenga 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	28
29	30 Office Closed National Day for Truth and Reconciliation					31