


OCTOBER 2024

PHONE: 250-564-2447

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
		1 Intro to Brain Injury 10:00 am – 11:30 am	2 Karate 10:00 -11:30 am CLG “Limbic System:Mood Changes” 12:30 pm-2:00 pm	3 Rebuilding 10:00 am – 11:30 am Open Social “Presentation from New Case Managers” 1:00-2:30 pm	4 Ping Pong/Crib/Jenga 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	5
6	7 Coffee Group 11:00 am-12:00 pm	8 Intro to Brain Injury 10:00 am – 11:30 am	9 Karate 10:00 -11:30 am CLG “Limbic System: Memory” “12:30 pm-2:00 pm	10 Rebuilding 10:00 am – 11:30 am Open Social “Mythical Beast Explained: Legend of the Minotaur & Terror of the Dragons” 1:00-2:30 pm	11 Ping Pong/Crib/Jenga 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	12
13	14 Office Closed Thanksgiving	15 Intro to Brain Injury 10:00 am – 11:30 am	16 Karate 10:00 -11:30 am CLG “Limbic System: Regulating Emotions” 12:30 pm-2:00 pm	17 Rebuilding 10:00 am – 11:30 am Open Social “Mythical Beasts Explained: Curse of the Werewolf & Killer Vampires” 1:00-2:30 pm	18 Ping Pong/Crib/Jenga 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm Yoga	19
20	21 Coffee Group 11:00 am-12:00 pm	22 No class today!	23 Karate 10:00 -11:30 am CLG “Limbic System: Fight/Flight/Freeze” 12:30 pm-2:00 pm PWD	24 Rebuilding 10:00 am – 11:30 am Open Social “The Origins of Halloween - All Hallows Eve” 1:00-2:30 pm	25 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	26
27	28 Coffee Group 11:00 am-12:00 pm Art Group 1:00 pm- 3:00 pm	29 Toolbox 10:00 am – 11:30 am CPP	30 Karate 10:00 -11:30 am CLG “Limbic System: Low Motivation” “12:30 pm-2:00 pm	31 Rebuilding 10:00 am – 11:30 am Halloween Potluck 1:00 pm- 2:30 pm Bring a dish to share! At the Office!	