

DECEMBER 2024



PHONE: 250-564-2447

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
1	2 Coffee Group 11:00 am-12:00 pm	3 Toolbox #6 10:00 am – 11:30 am	4 Karate 10:00 -11:30 am CLG “Strategies for Holiday Events” 12:30 pm-2:00 pm	5 Rebuilding #9 10:00 am – 11:30 am Open Social “Inside the Mind of a Dog” 1:00-2:30 pm	6 Games 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 #7 10:00 am – 11:30 am	11 Karate 10:00 -11:30 am CLG “Perseveration” 12:30 pm-2:00 pm	12 No Groups/Classes Today! Christmas Dinner at St. Giles Presbyterian Church 4pm (Members Only, must sign up)	13 Games 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 Toolbox #8 10:00 am – 11:30 am	18 Karate 10:00 -11:30 am CLG “Increased Conflict” 12:30 pm-2:00 pm PWD	19 Rebuilding #9 10:00 am – 11:30 am Open Social “The Real Story of Christmas” 1:00-2:30 pm	20 Woman’s Group “No, is not a bad word” 10:00 am -11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm CPP	21
22	23 Coffee Group 11:00 am-12:00 pm	24	25 Christmas Day Office Closed 	26 Boxing Day Office Closed	27 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	28
29	30 Coffee Group 11:00 am-12:00 pm Art Group 1:00 pm- 3:00 pm	31 New Year’s Eve	New Year’s Day Office Closed			

