


# NOVEMBER 2024

PHONE: 250-564-2447

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
					1 Ministry Q &A ( BIG Office) 10:00 am – 11:00 am  Ping Pong/Crib/Jenga 11:00 am – 1:00 pm  Yoga 1:30 pm – 2:30 pm	
3	4 Coffee Group 11:00 am-12:00 pm	5 Toolbox #2 10:00 am – 11:30 am	6 Karate 10:00 -11:30 am  CLG “Coping w/stress & isolation” 12:30 pm-2:00 pm	7 Rebuilding #8 10:00 am – 11:30 am  Open Social “Trapper Jake” 1:00-2:30 pm	8 Ministry Q &A ( BIG Office) 10:00 am – 11:00 am  Ping Pong/Crib/Jenga 11:00 am – 1:00 pm  Yoga 1:30 pm – 2:30 pm	9
10	11 Office Closed  Remembrance Day!	12 Toolbox #3 10:00 am – 11:30 am  Remembrance Day Get Together (PGBIG office) 1:00 pm – 2:00 pm	13 Karate 10:00 -11:30 am  CLG “Headaches” 12:30 pm-2:00 pm	14 Rebuilding #9 10:00 am – 11:30 am  Open Social “Meet the Family - Dogs in the Wild” 1:00-2:30 pm	15 Ministry Q &A ( BIG Office) 10:00 am – 11:00 am  Ping Pong/Crib/Jenga 11:00 am – 1:00 pm  Yoga 1:30 pm – 2:30 pm	16
17	18 Coffee Group 11:00 am-12:00 pm	19 Toolbox #4 10:00 am – 11:30 am	20 Karate 10:00 -11:30 am  CLG “Communication” 12:30 pm-2:00 pm  PWD	21 Rebuilding #10 10:00 am – 11:30 am  Winter Warm Up Potluck 1:00-2:30 pm Bring a dish to share.	22 Ministry Q &A ( BIG Office) 10:00 am – 11:00 am  Ping Pong/Crib/Jenga 11:00 am – 1:00 pm Ping Pong Tournament Yoga 1:30 pm – 2:30 pm	23
24	25 Coffee Group 11:00 am-12:00 pm  Art Group 1:00 pm- 3:00 pm	26 Toolbox #5 10:00 am – 11:30 am	27 Karate 10:00 -11:30 am  CLG “Fatigue” “12:30 pm-2:00 pm CPP	28 Rebuilding #11 10:00 am – 11:30 am  Open Social “The Last Kingdom of Dragons - Komodo Dragons” 1:00-2:30 pm	29 Ministry Q &A (BIG Office) 10:00 am – 11:00 am <hr/> Woman’s Group “Anxiety & Stress” 10:00 am – 11:30 am <hr/> Ping Pong/Crib/Jenga 11:00 am – 1:00 pm <hr/> Yoga 1:30 pm – 2:30 pm	30

