

FEBRUARY 2025

PHONE: 250-564-2447

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
						1
2	3 Coffee Group 11:00 am-12:00 pm	4 Intro to Brain Injury #5 10:00 am – 11:30 am	5 Karate 10:00 -11:30 am CLG "Neuroplasticity" 12:30 pm-2:00 pm	6 Rebuilding # 19 10:00 am – 11:30 am Open Social "The Edge of the World – BC's Early years" 1:00 pm -2:30 pm	7 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	8
9	10 Coffee Group 11:00 am-12:00 pm	11 NO CLASS	12 Karate 10:00 -11:30 am CLG "Joy, Happy, & Humor" 12:30 pm-2:00 pm	13 Rebuilding # 20 10:00 am – 11:30 am Open Social The Mad Trapper Manhunt - (Helen katz) 1:00 pm -2:30 pm	14 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	15
16	17 OFFICE CLOSED Family Day	18 TOOLBOX #1 10:00 am – 11:30 am Intro to Brain Injury #1 1:00 pm – 2:30 pm	19 Karate 10:00 -11:30 am CLG "Boundaries" 12:30 pm-2:00 pm PWD	20 Rebuilding # 21 10:00 am – 11:30 am Breakfast Potluck 1:00 pm -2:30 pm	21 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	22
23	24 Coffee Group 11:00 am-12:00 pm Art Group 1:00 – 3:00pm	25 TOOLBOX #2 10:00 am – 11:30 am Intro to Brain Injury #2 1:00 pm – 2:30 pm	26 Karate 10:00 -11:30 am CLG "Self-Care" 12:30 pm-2:00 pm CPP/OAS	27 Rebuilding #22 10:00- 11:30 am Open Social "Treasure Hunters: The Mystery of Pitt Lake's Lost Gold Mine " 1:00 – 2:30pm	28 Women's Group "Boundaries as Self Care" 10:00-11:30am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	