

MARCH 2025

PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3 Coffee Group 11:00 am-12:00 pm	4 Toolbox #3 10:00 – 11:30 am Intro to Brain Injury #3 1:00 pm – 2:30 pm	5 Karate 10:00 -11:30 am CLG “ANT’s” 12:30 pm-2:00 pm	6 Rebuilding # 23 10:00 am – 11:30 am Open Social “The Seven Greatest Riddles in History” 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 Toolbox #4 10:00 – 11:30 am Intro to Brain Injury #4 1:00 pm – 2:30 pm	12 Karate 10:00 -11:30 am CLG “Flooding” 12:30 pm-2:00 pm	13 Rebuilding # 24 10:00 am – 11:30 am St. Patrick’s Day Potluck Bring a dish to share! 1:00 pm -2:30 pm	14 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	15
16	17 St. Patrick’s Day Coffee Group 11:00 am-12:00 pm	18 Toolbox #5 10:00 – 11:30 am Intro to BI Class starts next week.	19 Karate 10:00 -11:30 am CLG “Concentration” 12:30 pm-2:00 pm PWD	20 Rebuilding # 25 10:00 am – 11:30 am Open Social “The Ancient World Revealed: Rome” 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	25 Toolbox #6 10:00 – 11:30 am Intro to Brain Injury #1 1:00 pm – 2:30 pm	26 Karate 10:00 -11:30 am CLG “Facing Your Fears” 12:30 pm-2:00 pm	27 Rebuilding # 26 10:00 am – 11:30 am Open Social “David’s Africa Trip” 1:00 pm -2:30 pm CPP/OAS	28 Woman’s Group “How to Express Feelings and Needs” 10:00 am -11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	29
30	31 Coffee Group 11:00 am-12:00 pm Art Group 1:00 pm-3:00pm					