


December 2022

PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<p>1 Rebuilding #8 10:00 am – 11:30 am Join In Person</p> <p>Open Social “Killer shark vs killer whale” 1:00-2:30 pm Join In Person</p>	<p>2 Women’s Group “Emotional lability” 11:00 am -12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279</p> <p>Christmas Tree & Office Decorating 1:00-2:00 pm</p>	3
4	<p>5 Coffee Group 11:00 am-12:00 pm</p> <p>Relationship Group Rebuilding principles Pg. 41-48 6:30-8:00 pm Join Zoom Meeting https://zoom.us/j/96252837825</p>	<p>6 Intro to Brain Injury Part 4 10:00 am-11:30 am Join In Person</p>	<p>7 Karate 10:30 am-11:30 am</p> <p>CLG “Challenging ANT’s” 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279</p>	<p>8 Rebuilding #9 10:00 am – 11:30 am Join In Person</p> <p>Open Social “Dog sled history” 1:00-2:30 pm Join In Person</p>	<p>9 Women’s Group “Perseveration” 11:00 am -12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279</p>	10
11	<p>12 Coffee Group 11:00 am-12:00 pm</p> <p>Christmas Dinner Food Prep 10:30 am</p>	<p>13 Toolbox Part 1 10:00 am-11:30 am Join In Person</p> <p>Christmas Dinner Food Prep 10:30 am</p>	<p>14 Christmas Dinner Food Prep 10:30 am</p> <p>Karate 10:30 am-11:30 am</p> <p>CLG “The gut and the brain” 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279</p>	<p>15 BIG Christmas Party Dinner at 5:00pm</p> 	16	17
18	<p>19 Coffee Group 11:00 am-12:00 pm</p>	<p>20 Toolbox Part 2 10:00 am-11:30 am Join In Person</p>	<p>21 Karate 10:30 am-11:30 am</p> <p>CLG “Energy crashes” 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279 PWD & CPP</p>	<p>22 Rebuilding #10 10:00 am – 11:30 am Join In Person</p> <p>Open Social “Cribbage & Games” 1:00-2:30 pm</p>	<p>23 Women’s Group “Christmas time & holiday goals” 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279</p>	24
25	<p>26 Office Closed</p>	<p>27 Office Closed</p>	<p>28 Karate 10:30 am-11:30 am</p> <p>CLG “Complimentary alternative therapies” 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279</p>	<p>29 Rebuilding #11 10:00 am – 11:30 am Join In Person</p> <p>Open Social “Our planet: fresh waters” 1:00-2:30 pm Join In Person</p>	<p>30 Women’s Group “Goal setting” 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279</p>	31

