

JUNE 2023



PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Open Social "Cradle of Life" 1:00-2:30 pm	2	3
4	5 Coffee Group 11:00 am-12:00 pm	6 Introduction to Brain Injury 10:00 am – 11:30 am	7 Karate 10:30 am-11:30 am CLG "Mindfulness & Gratitude after BI" 12:30 pm-2:00 pm In Person	8 Open Social "Majestic Bears of Alaska and British Columbia" 1:00-2:30 pm	9	10
11	12 Coffee Group 11:00 am-12:00 pm	13 Introduction to Brain Injury 10:00 am – 11:30 am	14 Karate 10:30 am-11:30 am CLG "Heat and Brain Injury" 12:30 pm-2:00 pm In person	15 Open Social "Canada's Unique Rainforest" 1:00-2:30 pm	16	17
18	19 Coffee Group 11:00 am-12:00 pm	20 Introduction to Brain Injury 10:00 am – 11:30 am	21 PWD CLG "Obsessive thinking and Behaviors" 12:30 pm-2:00 pm In Person	22 AGM @1:00 pm	23	24
25	26 Coffee Group 11:00 am-12:00 pm	27 Introduction to Brain Injury 10:00 am – 11:30 am	28 CPP/OAS CLG "Seniors Brain Health" 12:30 pm-2:00 pm In Person	29 Open Social "Beautiful British Columbia Nature and Wildlife" 1:00-2:30 pm	30	