

SEPTEMBER 2023



PHONE: 250-564-2447

Sun

Monday

Tuesday

Wednesday

Thursday

Friday

Sat

					1 Yoga PG BIG Office 10:00am -11:30 am Drop in Ping Pong 1:00 pm – 3:00 pm	2
3	4 Office Closed Labour Day	5	6 CLG “Challenge Automatic Negative Thoughts” 12:30 pm-2:00 pm In Person	7 Open Social “David Attenborough’s – The Wild City” 1:00-2:30 pm	8 Yoga PG BIG Office 10:00am -11:30 am Drop in Ping Pong 1:00 pm – 3:00 pm	9
10	11 Coffee Group 11:00 am-12:00 pm	12 Introduction to Brain Injury 10:00 am – 11:30 am	13 CLG “Decision Making and Tools” 12:30 pm-2:00 pm In Person	14 Open Social “Our planet from deserts to grasslands” 1:00-2:30 pm	15 Yoga PG BIG Office 10:00am -11:30 am Drop in Ping Pong 1:00 pm – 3:00 pm	16
17	18 Coffee Group 11:00 am-12:00 pm	19 Introduction to Brain Injury 10:00 am – 11:30 am	20 PWD CLG “Values and What is important to you” 12:30 pm-2:00 pm In Person	21 Open Social “Our planet- Coastal Seas” 1:00-2:30 pm	22 Yoga PG BIG Office 10:00am -11:30 am Drop in Ping Pong 1:00 pm – 3:00 pm	23
24	25 Coffee Group 11:00 am-12:00 pm	26 Introduction to Brain Injury 10:00 am – 11:30 am	27 CPP/OAS CLG “Thought and Thinking; Pros and Cons” 12:30 pm-2:00 pm In Person	28 Annual General Meeting 1:00 pm – 3:00 pm	29 Yoga PG BIG Office 10:00am -11:30 am Drop in Ping Pong 1:00 pm – 3:00 pm	30 Truth & Reconciliation Day