




# NOVEMBER 2023



PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<p>1</p> <p>Karate 10:00 am – 11:30 am</p> <p>CLG "Loneliness" 12:30 pm-2:00 pm</p>	<p>2</p> <p>Gambling Support of BC Presentation on Gambling, gaming &amp; screentime Find your Balance 1:00 pm</p>	<p>3</p> <p>Yoga PG BIG Office 10:00am -11:30 am</p> <p>Drop in Ping Pong 1:00 pm – 2:00 pm</p>	<p>4</p>
5	<p>6</p> <p>Coffee Group 11:00 am-12:00 pm</p>	<p>7</p> <p>Toolbox # 4 10:00 am – 11:30 am</p>	<p>8</p> <p>Karate 10:00 am – 11:30 am</p> <p>CLG "Boundaries" 12:30 pm-2:00 pm</p>	<p>9</p> <p>Remembrance Day Tea  1:00 – 2:30 pm</p>	<p>10</p> <p>Yoga PG BIG Office 10:00am -11:30 am</p> <p>Drop in Ping Pong 1:00 pm – 2:00 pm</p>	<p>11</p> <p> Remembrance Day</p>
12	<p>13</p> <p>Office Closed </p>	<p>14</p> <p>Toolbox # 5 10:00 am – 11:30 am</p>	<p>15</p> <p>Karate 10:00 am – 11:30 am</p> <p>CLG "Money Management" 12:30 pm-2:00 pm</p>	<p>16</p> <p>Open Social "Survive the wild Episode 1" 1:00-2:30 pm</p>	<p>17</p> <p>Yoga PG BIG Office 10:00am -11:30 am</p> <p>Drop in Ping Pong 1:00 pm – 2:00 pm</p>	18
19	<p>20</p> <p>Coffee Group 11:00 am-12:00 pm</p>	<p>21</p> <p>Toolbox # 6 10:00 am – 11:30 am</p> <p>Art Group 1:00 pm – 3:00 pm</p>	<p>22</p> <p>PWD Karate 10:00 am – 11:30 am</p> <p>CLG "Fun and How to Have it" 12:30 pm-2:00 pm</p>	<p>23</p> <p>Open Social "Animal Record Breakers" 1:00- 2:30 pm</p>	<p>24</p> <p>Yoga PG BIG Office 10:00am -11:30 am</p> <p>Drop in Ping Pong 1:00 pm – 2:00 pm</p>	25
26	<p>27</p> <p>Coffee Group 11:00 am-12:00 pm</p>	<p>28</p> <p>CPP/OAS</p>	<p>29</p> <p>Karate 10:00 am – 11:30 am</p> <p>CLG "Transportation: Getting around as it gets cold" 12:30 pm-2:00 pm</p>	<p>30</p> <p>Open Social "The world's weirdest Animals" 1:00-2:30 pm</p>		

