







Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	1 Office Closed HAPPY NEW YEAR 2024!	2	3 Karate 10:00 am – 11:30 am CLG “Strategies to Create Change” 12:30 pm-2:00 pm	4 Rebuilding 10:00 am – 11:30 am New Year’s Potluck  12:00 pm – 2:00 pm	5 Drop in Ping Pong 12:00 pm – 1:00 pm Yoga 1:30 pm – 2:30 pm	6
7	8 Coffee Group 11:00 am-12:00 pm	9 Toolbox 10:00 am – 11:30 am	10 Karate 10:00 am – 11:30 am CLG “How to Grow emotional Intelligence.” 12:30 pm-2:00 pm	11 Rebuilding 10:00 am – 11:30 am Open Social “Wild Animals of South Africa” 1:00-2:30 pm	12 Drop in Ping Pong 12:00 pm – 1:00 pm Yoga 1:30 pm – 2:30 pm	13
14	15 Coffee Group 11:00 am-12:00 pm	16 Toolbox 10:00 am – 11:30 am	17 PWD Karate 10:00 am – 11:30 am CLG “Trusting Yourself” 12:30 pm-2:00 pm	18 Rebuilding 10:00 am – 11:30 am Open Social “A historical town tour of Barkerville” 1:00-2:30 pm	19  PG BIG Ping Pong Tournament 12:00 pm	20
21	22 Coffee Group 11:00 am-12:00 pm	23 Toolbox 10:00 am – 11:30 am	24 Karate 10:00 am – 11:30 am CLG “Letting Go; Why and How.” 12:30 pm-2:00 pm	25 Rebuilding 10:00 am – 11:30 am Open Social “Wind and climate change” 1:00-2:30 pm	26 Women’s Group 10:00 am – 11:30 am Drop in Ping Pong 12:00 pm – 1:00 pm Yoga 1:30 pm -2:30 pm	27
28	29 CPP/OAS Coffee Group 11:00 am-12:00 pm	30 Toolbox 10:00 am – 11:30 am Art Group  1:00 pm- 3:00 pm	31 Karate 10:00 am – 11:30 am CLG  LUNCH & LEARN “Nutrition after Brain Injury” 12:30 pm-2:00 pm			

