




# FEBRUARY 2024



PHONE: 250-564-2447

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
				1 Rebuilding 10:00 am – 11:30 am  Open Social "David Attenborough presents: Hummingbirds." 1:00-2:30 pm	2  Drop in Ping Pong 12:00 pm – 1:00 pm  Yoga 1:30 pm – 2:30 pm	3
4	5  Coffee Group 11:00 am-12:00 pm	6  Toolbox #5 10:00 am – 11:30 am	7  Karate 10:00 am – 11:30 am  CLG "How Memory Works" 12:30 pm-2:00 pm	8  Rebuilding 10:00 am – 11:30 am  Open Social "The dark side of the food industry" 1:00-2:30 pm	9  Drop in Ping Pong 12:00 pm – 1:00 pm  Yoga 1:30 pm – 2:30 pm	10
11	12  Coffee Group 11:00 am-12:00 pm	13  Toolbox #6 10:00 am – 11:30 am	14  PWD Karate 10:00 am – 11:30 am  CLG "Mindfulness and Gratitude" 12:30 pm-2:00 pm	15  Rebuilding 10:00 am – 11:30 am  Valentine's Day Pancakes  12:30 pm- 2:30 pm	16  Drop in Ping Pong 12:00 pm – 1:00 pm  Yoga 1:30 pm – 2:30 pm	17
18	19  Office Closed  Family Day Stat	20	21  Karate 10:00 am – 11:30 am  CLG "Seniors' Brain Health." 12:30 pm-2:00 pm	22  Rebuilding 10:00 am – 11:30 am  Open Social "Quest for the uncharted world: Greenland " 1:00-2:30 pm	23  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	24
25	26  Coffee Group 11:00 am-12:00 pm	27  CPP/OAS  Introduction to Brain Injury #1 10:00am -11:30 am  Art Group 1:00 pm- 3:00 pm	28  Karate 10:00 am – 11:30 am  CLG  LUNCH & LEARN "Energy Crashes" 12:30 pm-2:00 pm	29  Rebuilding 10:00 am – 11:30 am  Open Social "Most powerful windstorms & epidemics" 1:00-2:30 pm		