




# MARCH 2024



PHONE: 250-564-2447

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
					1  Drop in Ping Pong 12:00 pm – 1:00 pm  Yoga 1:30 pm – 2:30 pm	2
3	4  Coffee Group 11:00 am-12:00 pm	5  Toolbox 10:00 am – 11:30 am  Introduction to Brain Injury #1 1:00 pm-2:30 pm	6  Karate 10:00 am – 11:30 am  CLG “Memory after Brain Injury” 12:30 pm-2:00 pm	7  Rebuilding 10:00 am – 11:30 am  Open Social “Decoding Da Vinci” 1:00-2:30 pm	8  Drop in Ping Pong 12:00 pm – 1:00 pm  Yoga 1:30 pm – 2:30 pm	9
10	11  Coffee Group 11:00 am-12:00 pm	12  Introduction to Brain Injury #2 1:00 pm – 2:30 pm	13  Karate 10:00 am – 11:30 am  CLG “Mindfulness and Gratitude” 12:30 pm-2:00 pm	14  Rebuilding 10:00 am – 11:30 am  St. Patrick's Day Potluck  1:00 pm- 2:30 pm	15  Drop in Ping Pong 12:00 pm – 1:00 pm  Yoga 1:30 pm – 2:30 pm	16
17	18  Coffee Group 11:00 am-12:00 pm	19  Introduction to Brain Injury #3 1:00 pm – 2:30 pm	20  PWD Karate 10:00 am – 11:30 am  CLG “Obsessive thinking and Behavior” 12:30 pm-2:00 pm	21  Rebuilding 10:00 am – 11:30 am  Open Social “The Wild Pacific- Gigantic Ocean “ 1:00-2:30 pm	22  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	23
24	25  Coffee Group 11:00 am-12:00 pm  Art Group 1:00 pm- 3:00 pm	26  CPP/OAS  Introduction to Brain Injury #4 1:00 pm- 2:30 pm	27  Karate 10:00 am – 11:30 am   CLG LUNCH & LEARN “The Gut/Brain Connection” 12:30 pm-2:00 pm	28  Rebuilding 10:00 am – 11:30 am  Open Social “Flying Rainbow- an epic tale of survival.” 1:00-2:30 pm	29  Office Closed Good Friday  	30
31						