




APRIL 2024



PHONE: 250-564-2447

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	<p>1</p>  <p>Office Closed Happy Easter</p>	2	<p>3</p> <p>Karate 10:00 am – 11:30 am</p> <p>CLG "Communication after Brain Injury (part 1)" 12:30 pm-2:00 pm</p>	<p>4</p> <p>Rebuilding 10:00 am – 11:30 am</p> <p>Open Social "Stroke of insight" 1:00-2:30 pm</p>	<p>5</p> <p>Drop in Ping Pong 12:00 pm – 1:00 pm</p> <p>Yoga 1:30 pm – 2:30 pm</p>	6
7	<p>8</p> <p>Coffee Group 11:00 am-12:00 pm</p>	<p>9</p> <p>Toolbox 10:00 am – 11:30 am</p>	<p>10</p> <p>Karate 10:00 am – 11:30 am</p> <p>CLG "Communication after Brain Injury (part 2)" 12:30 pm-2:00 pm</p>	<p>11</p> <p>Rebuilding 10:00 am – 11:30 am</p> <p>Open Social "Canada's Glaciers" 1:00-2:30 pm</p>	<p>12</p> <p>Drop in Ping Pong 12:00 pm – 1:00 pm</p> <p>Yoga 1:30 pm – 2:30 pm</p>	13
14	<p>15</p> <p>Coffee Group 11:00 am-12:00 pm</p>	<p>16</p> <p>Toolbox 10:00 am – 11:30 am</p>	<p>17</p> <p>PWD Karate 10:00 am – 11:30 am</p> <p>CLG "Complimentary Therapies" 12:30 pm-2:00 pm</p>	<p>18</p> <p>Rebuilding 10:00 am – 11:30 am</p> <p>Spring Fling Potluck  1:00 pm- 2:30 pm</p>	<p>19</p> <p>Drop in Ping Pong 12:00 pm – 1:00 pm</p> <p>Yoga 1:30 pm – 2:30 pm</p>	20
21	<p>22</p> <p>Coffee Group 11:00 am-12:00 pm</p>	<p>23</p> <p>Toolbox 10:00 am – 11:30 am</p>	<p>24</p> <p>Karate 10:00 am – 11:30 am</p>  <p>CLG LUNCH & LEARN "Flooding (what it is and coping Strategies)" 12:30 pm-2:00 pm</p>	<p>25</p> <p>Rebuilding 10:00 am – 11:30 am</p> <p>Open Social "Spring; The Return of Life " 1:00-2:30 pm</p>	<p>26</p> <p>CPP/OAS Women's Group 10:00 am – 11:30 am</p> <p>Drop in Ping Pong 12:00 pm – 1:00 pm</p> <p>Yoga 1:30 pm -2:30 pm</p>	27
28	<p>29</p> <p>Coffee Group 11:00 am-12:00 pm</p> <p>Art Group 1:00 pm- 3:00 pm</p>	<p>30</p> <p>Toolbox 10:00 am – 11:30 am</p>				