



OCTOBER 2025

PG Brain Injured Group

PHONE: 250-564-2447

Su n	Monday	Tuesday	Wednesday	Thursday	Friday	Sa t
			1 CLG "Striving for your Dreams" 12:30 pm-2:00 pm	2 Open Social Ray Olsen Presentation 1:00 pm -2:30 pm	3 Games 11:00 am – 1:00 pm	4
5	6 Coffee Group 11:00 am-12:00 pm	7 Rebuilding #3 10:00 am – 11:30 am Intro to Brain injury #3 1:00 pm – 2:30 pm	8 Karate 10:00 am – 11:30 am CLG "Driving a Vehicle, Not Driving" 12:30 pm-2:00 pm	9 Open Social "Canadian Wildlife – The Most Beautiful Wilderness on Earth" 1:00 pm -2:30 pm	10 Games 11:00 am – 1:00 pm	11
12	13 Office Closed For Thanksgiving 	14 Rebuilding #4 10:00 am – 11:30 am Intro to Brain injury #4 1:00 pm – 2:30 pm	15 Karate 10:00am – 11:30 am CLG "What Have I Learned Coming to BIG" 12:30 pm-2:00 pm	16 Thanksgiving Potluck 1:00 pm – 2:30 pm 	17 Games 11:00 am – 1:00 pm	18
19	20 Coffee Group 11:00 am-12:00 pm	21 Rebuilding #5 10:00 am – 11:30 am Toolbox #1 1:00 pm – 2:30 pm	22 Karate 10:00 am – 11:30 am CLG "Acting without Thinking First" 12:30 pm-2:00 pm PWD	23 Emotional Wellness #1 10:00 am – 11:30 am Open Social "Our Universe – Chasing Starlight (Netflix)" 1:00 pm – 2:30 pm	24 Women's Group "Emotional Intelligence" 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Christmas Decoration Making 2:00 pm – 3:00 pm	25
26	27 Coffee Group 11:00 am-12:00 pm	28 Rebuilding #6 10:00 am – 11:30 am Toolbox #2 1:00 pm – 2:30 pm	29 Karate 10:00 am – 11:30 am CLG "How to Achieve Life Balance" 12:30 pm-2:00 pm CPP/OAS	30 Emotional Wellness #2 10:00 am – 11:30 am Open Social "Secrets of Neanderthals (Netflix)" 1:00 pm – 2:30 pm	31 Games 11:00 am – 1:00 pm Christmas Decoration Making 2:00 pm – 3:00 pm	