

DECEMBER 2025**PG Brain Injured Group****PHONE: 250-564-2447**

Su n	Monday	Tuesday	Wednesday	Thursday	Friday	Sa t
	1 Coffee Group 11:00 am-12:00 pm Office Christmas Decorating Starting 10:00 am	2 Rebuilding #10 10:00 am – 11:30 am Toolbox #6 1:00 pm – 2:30 pm	3 Karate 10:00 am – 11:30 am CLG “How to Turn off my Brain” 12:30 pm-2:00 pm	4 Emotional Wellness #7 10:00 am – 11:30 am Open Social “The Battle for Sicily and Italy” 1:00 pm -2:30 pm	5 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm Christmas Decoration Making 2:00 pm – 3:00 pm	6
7	8 Coffee Group 11:00 am-12:00 pm	9 Rebuilding #11 10:00 am – 11:30 am Toolbox #7 1:00 pm – 2:30 pm	10 Karate 10:00 am – 11:30 am CLG “Building Each Other Up” 12:30 pm-2:00 pm	11 Christmas Party 4:00 pm – 8:30 pm  **No Classes**	12 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	13
14	15 Coffee Group 11:00 am-12:00 pm	16 Rebuilding #11 10:00 am – 11:30 am Toolbox #8 1:00 pm – 2:30 pm	17 Karate 10:00am – 11:30 am CLG “Dizziness” 12:30 pm-2:00 pm PWD	18 Emotional Wellness #8 10:00 am – 11:30 am Open Social “Rocky Mountains Untamed” 1:00 pm – 2:30 pm	19 Women’s Group “Managing Stress/Anxiety” 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	20
21	22 Coffee Group 11:00 am-12:00 pm CPP/OAS	23 Rebuilding #12 10:00 am – 11:30 am	24 Karate 10:00 am – 11:30 am CLG “Communication with Sick Friends” 12:30 pm-2:00 pm	25 Office Closed Merry Christmas 	26 Office Closed Boxing Day 	27
28	29 Coffee Group 11:00 am-12:00 pm	30 Rebuilding #13 10:00 am – 11:30 am	31 Karate 10:00 am – 11:30 am CLG “Winter Blues” 12:30 pm-2:00 pm			