

JANUARY 2026

PHONE: 250-564-2447

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
				1 New Year's Day Office Closed	2 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	3
4	5 Coffee Group 11:00 am-12:00 pm	6 Rebuilding #15 10:00 am – 11:30 am Intro to Brain Injury #1 1:00 pm – 2:30 pm	7 Karate 10:00 am - 11:30 am CLG "How to Make New Friends" 12:30 pm-2:00 pm	8 Emotional Wellness #9 10:00 am – 11:30 am Open Social "Mushers: Conquering the Yukon Quest Part 3" 1:00 pm -2:30 pm	9 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	10
11	12 Coffee Group 11:00 am-12:00 pm	13 Rebuilding #16 10:00 am – 11:30 am Intro to Brain Injury #2 1:00 pm – 2:30 pm	14 Karate 10:00 -11:30 am CLG "Expectations of Others" 12:30 pm-2:00 pm	15 Emotional Wellness #10 10:00 am – 11:30 am Open Social "How Baby Animals Survive in the Wild" 1:00 pm -2:30 pm	16 Games 11:00 am – 1:00 pm NO YOGA TODAY	17
18	19 Coffee Group 11:00 am-12:00 pm	20 Rebuilding #17 10:00 am – 11:30 am Intro to Brain Injury #3 1:00 pm – 2:30 pm	21 Karate 10:00 -11:30 am CLG "Changes in Relationships" 12:30 pm-2:00 pm PWD	22 Emotional Wellness #11 10:00 am – 11:30 am Open Social Potluck: Winter Warm - Up 1:00 pm -2:30 pm BIG ID CARDS BEING MADE	23 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm BIG ID CARDS BEING MADE	24
25	26 Coffee Group 11:00 am-12:00 pm	27 Rebuilding #18 10:00 am – 11:30 am Intro to Brain Injury #4 1:00 pm – 2:30 pm	28 Karate 10:00 -11:30 am CLG "Anniversary Effects" 12:30 pm-2:00 pm CPP/OAS	29 Emotional Wellness #12 10:00 am – 11:30 am Open Social "Travel to the Depths of our Mysterious Oceans" 1:00 pm -2:30 pm	30 Woman's Group "Brain Injury and Alzheimer's" 10:00 am -11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	31