

FEBRUARY 2026

PHONE: 250-564-2447

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Monday

Tuesday

Wednesday

Thursday

Friday

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1	2 Coffee Group 11:00 am-12:00 pm	3 Rebuilding #19 10:00 am – 11:30 am Toolbox #1 1:00 pm – 2:30 pm	4 Karate 10:00 -11:30 am CLG “Tinnitus” 12:30 pm-2:00 pm	5 Emotional Wellness #13 10:00 am – 11:30 am Open Social “The Unsolved Mystery of Canada’s 1898 Eruption” 1:00 pm -2:30 pm	6 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	7
8	9 Coffee Group 11:00 am-12:00 pm	10 Rebuilding #20 10:00 am – 11:30 am Toolbox #2 1:00 pm – 2:30 pm	11 Karate 10:00 am - 11:30 am CLG “Balance and Coordination” 12:30 pm-2:00 pm	12 Emotional Wellness #14 10:00 am – 11:30 am Open Social “Klondike Rush” 1:00 pm -2:30 pm	13 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	14
15	16 Office Closed Happy Family Day 	17 Rebuilding #21 10:00 am – 11:30 am Toolbox #3 1:00 pm – 2:30 pm	18 Karate 10:00 -11:30 am CLG “Headaches” 12:30 pm-2:00 pm	19 Emotional Wellness #15 10:00 am – 11:30 am Potluck “Pancake Breakfast” 1:00 pm -2:30 pm	20 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	21
22	23 Coffee Group 11:00 am-12:00 pm	24 Rebuilding #22 10:00 am – 11:30 am Toolbox #4 1:00 pm – 2:30 pm	25 Karate 10:00 -11:30 am CLG “Sensory Overload” 12:30 pm-2:00 pm PWD OAS/GIS	26 Emotional Wellness #16 10:00 am – 11:30 am Open Social “Wild Canada - The Wild West” 1:00 pm -2:30 pm	27 Women’s Group 10:00 am – 11:30 am “Setting and Achieving Goals” Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	28