

# MARCH 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 #23 10:00 am – 11:30 am  Toolbox #5 1:00 pm – 2:30 pm	4 Karate 10:00 -11:30 am  CLG “Feeling Slowed Down” 12:30 pm-2:00 pm	5 Emotional Wellness #17 10:00 am – 11:30 am  Open Social “Our Planet   Forests” 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 #24 10:00 am – 11:30 am  Toolbox #6 1:00 pm – 2:30 pm	11 Karate 10:00 am - 11:30 am  CLG “Irritability, Anger & Aggression” 12:30 pm-2:30 pm	12 Emotional Wellness #18 10:00 am – 11:30 am  Open Social “The Abandoned Fishing Towns of Newfoundland” 1:00 pm -2:30 pm	13 Games 11:00 am – 1:00 pm  Yoga 1:30 pm – 2:30 pm	14
15	16 Coffee Group 11:00 am-12:00 pm	17 Rebuilding #25 10:00 am – 11:30 am  Toolbox #7 1:00 pm – 2:30 pm	18 Karate 10:00 -11:30 am  CLG “Sleep Disturbances” 12:30 pm-2:00 pm	19 Emotional Wellness #19 10:00 am – 11:30 am  Potluck “St. Patrick’s Day” 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 #26 10:00 am – 11:30 am  Toolbox #8 1:00 pm – 2:30 pm	25 Karate 10:00 -11:30 am  CLG “Easily Overwhelmed” 12:30 pm-2:00 pm <b>PWD</b>	26 Emotional Wellness #20 10:00 am – 11:30 am  Open Social “Canada’s Extreme Train Routes” 1:00 pm -2:30 pm	27 Women’s Group 10:00 am – 11:30 am ””” Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm <b>OAS/GIS</b>	28
29	30 Coffee Group 11:00 am-12:00 pm	31 Rebuilding #27 10:00 am – 11:30 am				