

# APRIL 2026

PHONE: 250-564-2447

Su  
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Monday



Tuesday

Wednesday

Thursday

Friday

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			1 Karate 10:00 -11:30 am  CLG "Misperceptions" 12:30 pm-2:00 pm	2 Emotional Wellness #21 10:00 am – 11:30 am  Open Social "A Documentary about Canada" 1:00 pm -2:30 pm	3  Office Closed – Good Friday	4
5	6  Office Closed- Easter Monday	7 Rebuilding #28 10:00 am – 11:30 am	8 Karate 10:00 am - 11:30 am  CLG "Loss of Energy" 12:30 pm-2:30 pm	9 Emotional Wellness #22 10:00 am – 11:30 am  Open Social "Life Below Zero: First Alaskans" 1:00 pm -2:30 pm	10 Women's Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	11
12	13 Coffee Group 11:00 am-12:00 pm	14 Rebuilding #29 10:00 am – 11:30 am  Intro to Brain Injury #1 1:00 pm – 2:30 pm	15 Karate 10:00 -11:30 am  CLG "Unusual Behaviours" 12:30 pm-2:00 pm	16 Emotional Wellness #23 10:00 am – 11:30 am  Potluck "Easter Potluck" 1:00 pm -2:30 pm	17 Games 11:00 am – 1:00 pm  Yoga 1:30 pm – 2:30 pm	18
19	20 Coffee Group 11:00 am-12:00 pm	21 Rebuilding #30 10:00 am – 11:30 am  Intro to Brain Injury #2 1:00 pm – 2:30 pm	22 Karate 10:00 -11:30 am  CLG "How to Achieve Success" 12:30 pm-2:00 pm <b>PWD</b>	23 Emotional Wellness #24 10:00 am – 11:30 am  Open Social "Our Planet   Fresh Water" 1:00 pm -2:30 pm	24 Women's Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	25
26	27 Coffee Group 11:00 am-12:00 pm	28 Rebuilding #31 10:00 am – 11:30 am  Intro to Brain Injury #3 1:00 pm – 2:30 pm <b>CPP/OAS/GIS</b>	29 Karate 10:00 -11:30 am CLG "Planning and Goals" 12:30 pm-2:00 pm	30 Emotional Wellness #25 10:00 am – 11:30 am  Open Social "6 Days in Canada's Mysterious Archipelago" 1:00 pm -2:30 pm		