

MAY 2026

PHONE: 250-564-2447

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Monday


Tuesday

Wednesday

Thursday

Friday

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					1 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	2
3	4 Coffee Group 11:00 am-12:00 pm	5 Rebuilding #32 10:00 am – 11:30 am Intro to Brain Injury #4 1:00 pm – 2:30 pm	6 Karate 10:00 am - 11:30 am CLG "Aim For Joy" 12:30 pm-2:30 pm	7 Emotional Wellness #26 10:00 am – 11:30 am Open Social "ARCTIC: The Forgotten Edge of Earth Travel Documentary" 1:00 pm -2:30 pm	8 Women's Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	9
10	11 Coffee Group 11:00 am-12:00 pm	12 Rebuilding #33 10:00 am – 11:30 am	13 Karate 10:00 -11:30 am CLG "Balancing Emotions" 12:30 pm-2:00 pm	14 Emotional Wellness #27 10:00 am – 11:30 am Potluck: Back Alley BBQ 1:00 pm -2:30 pm	15 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	16
17	18 Victoria Day OFFICE CLOSED 	19 Rebuilding #34 10:00 am – 11:30 am Toolbox #1 1:00 pm – 2:30 pm	20 Karate 10:00 -11:30 am CLG "Work Around Blocks" 12:30 pm-2:00 pm	21 Emotional Wellness #28 10:00 am – 11:30 am Open Social "Allies vs. Japan: Pacific War Battle" 1:00 pm -2:30 pm	22 Women's Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	23
24	25 Coffee Group 11:00 am-12:00 pm	26 Toolbox #2 1:00 pm – 2:30 pm	27 Karate 10:00 -11:30 am CLG "Changes in Eating" 12:30 pm-2:00 pm PWD CPP/OAS/GIS	28 Emotional Wellness #29 10:00 am – 11:30 am Annual General Meeting 1:00 pm -2:30 pm	29 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	30
31						