

# JULY 2026

PHONE: 250-564-2447

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Monday


Tuesday

Wednesday

Thursday

Friday

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			<p>1 Office Closed Canada Day</p> 	<p>2 Open Social "Rollo: The Dark Age Warrior Who Became the King of Normandy" 1:00 pm – 2:30 pm</p>	<p>3 Women's Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm</p>	4
5	<p>6 Coffee Group 11:00 am-12:00 pm</p>	<p>7 Toolbox #8 1:00 pm – 2:30 pm</p>	<p>8 CLG "What Helps You Feel Safe" 12:30 pm-2:00 pm</p>	<p>9 Book Club 10:00 am – 11:30 am  Open Social "The craziest Megaprojects in the World" 1:00 pm -2:30 pm</p>	<p>10 Games 11:00 am – 1:00 pm  Yoga 1:30 pm – 2:30 pm</p>	11
12	<p>13 Coffee Group 11:00 am-12:00 pm</p>	<p>14 Intro to Brain Injury #1 1:00 pm – 2:30 pm</p>	<p>15 CLG "Overstimulation" 12:30 pm-2:00 pm</p>	<p>16 Book Club 10:00 am – 11:30 am  Open Social "The Great Alone – Lance Mackey Documentary" 1:00 pm – 2:30 pm</p>	<p>17 Women's Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm</p>	18
19	<p>20 Coffee Group 11:00 am-12:00 pm</p>	<p>21 Intro to Brain Injury #2 1:00 pm – 2:30 pm</p>	<p>22 CLG "Who Am I Now?" 12:30 pm-2:00 pm</p>	<p>23 Book Club 10:00 am – 11:30 am  Hawaiian Luau Potluck 1:00 pm – 2:30 pm</p>	<p>24 Games 11:00 am – 1:00 pm  Yoga 1:30 pm – 2:30 pm</p>	25
26	<p>27 Coffee Group 11:00 am-12:00 pm</p>	<p>28 Intro to Brain Injury #3 1:00 pm – 2:30 pm</p>	<p>29 CLG "The 7 R's and How to Use Them" 12:30 pm-2:00 pm  PWD/CPP/OAS</p>	<p>30 Book Club 10:00 am – 11:30 am  Open Social "Every Creepy and Abandoned Ghost Town in Canada" 1:00 pm -230 pm</p>	<p>31 Women's Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm</p>	