

AUGUST 2026

PHONE: 250-564-2447

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Monday

Tuesday

Wednesday

Thursday

Friday

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2	3 BC Day: Office Closed	4 Intro To Brain Injury #4 1:00 pm – 2:30pm	5 CLG “How Nature Helps Your Brain” 12:30 pm-2:00 pm	6 Book Club 10:00 am – 11:30 am Open Social “Georgia: 8000 Year Old Hidden Gem of the World” 1:00 pm -2:30 pm	7 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	8
9	10 Coffee Group 11:00 am-12:00 pm	11	12 CLG “Organization” 12:30 pm-2:00 pm	13 Book Club 10:00 am – 11:30 am Open Social “The Vatican: Building a Sacred Megastructure” 1:00 pm – 2:30 pm	14 Women’s Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	15
16	17 Coffee Group 11:00 am-12:00 pm	18 Toolbox #1 1:00 pm – 2:30 pm	19 CLG “Attention and Focus” 12:30 pm-2:00 pm	20 West Lake Day Trip 10:00 am- 2:00 pm	21 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	22
23	24 Coffee Group 11:00 am-12:00 pm	25 Toolbox #2 1:00 pm – 2:30 pm	26 CLG “Impulse Control” 12:30 pm-2:00 pm PWD	27 Book Club 10:00 am – 11:30 am Open Social “Spartacus: Rise of the Gladiator Warriors of the Ancient World” 1:00 pm -230 pm CPP/OAS	28 Women’s Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	29
30	31 Coffee Group 11:00 am-12:00 pm					