

SEPTEMBER 2026**PG Brain Injured Group****PHONE: 250-564-2447**

Su n	Monday	Tuesday	Wednesday	Thursday	Friday	Sa t
		1 Toolbox #3 1:00 pm – 2:30 pm	2 CLG “Challenge the ANT’s” 12:30 pm-2:00 pm	3 Book Club 10:00 am – 11:30 am Open Social “Ötzi the Iceman: A 5,000- Year-Old True Crime Murder Mystery” 1:00 pm -2:30 pm	4 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	5
6	7 Office Closed Happy Labor Day! 	8 Toolbox #4 1:00 pm – 2:30 pm	9 Karate 10:00 am – 11:30 am CLG “Loneliness: What Can I Do?” 12:30 pm-2:00 pm	10 Book Club 10:00 am – 11:30 am Open Social “How Money Was Invented: The Birth of Currency” 1:00 pm -2:30 pm	11 Women’s Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	12
13	14 Coffee Group 11:00 am-12:00 pm	15 Emotional Wellness #1 10:00 am – 12:00 pm Toolbox #5 1:00 pm – 2:30 pm	16 Karate 10:00 am – 11:30 am CLG “Grieving the Old Me” 12:30 pm-2:00 pm	17 Book Club 10:00 am – 11:30 am Alison’s Tree Picnic 1:00 pm – 2:30 pm	18 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	19
20	21 Coffee Group 11:00 am-12:00 pm	22 Emotional Wellness #2 10:00 am – 12:00 pm Toolbox #6 1:00 pm – 2:30 pm	23 Karate 10:00 am – 11:30 am CLG “Positive Self Talk: How to Get Started” 12:30 pm-2:00 pm	24 Book Club 10:00 am – 11:30 am Open Social “Your Brain: Who's in Control?” 1:00 pm – 2:30 pm	25 Women’s Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm CPP/OAS	26
27	28 Coffee Group 11:00 am-12:00 pm	29 Emotional Wellness #3 10:00 am – 12:00 pm Toolbox #7 1:00 pm – 2:30 pm	30 Office Closed For Truth and Reconciliation Day 			