

OCTOBER 2026

PG Brain Injured Group

PHONE: 250-564-

Su n	Monday	Tuesday	Wednesday	Thursday	Friday	Sa t
				1 Book Club 10:00 am – 11:30 am Open Social “The Chachapoyas Mystery” 1:00 pm -2:30 pm	2 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	3
4	5 Coffee Group 11:00 am-12:00 pm	6 Emotional Wellness #4 10:00 am – 12:00 pm Intro To Brain Injury #1 1:00 pm – 2:30 pm	7 Karate 10:00 am – 11:30 am CLG “Regaining Personal Independence” 12:30 pm-2:00 pm	8 Rebuilding #1 10:00 am – 11:30 am Open Social “The Perfect Crime” 1:00 pm -2:30 pm	9 Games 11:00 am – 1:00 pm *Yoga Cancelled Today*	10
11	12 Thanksgiving – Office Closed 	13 Emotional Wellness #5 10:00 am – 12:00 pm Intro To Brain Injury #2 1:00 pm – 2:30 pm	14 Karate 10:00 am – 11:30 am CLG “How to Ask For Help” 12:30 pm-2:00 pm	15 Rebuilding #2 10:00 am – 11:30 am Open Social “1623 Lost Galleon: The Hunt for the World's Most Valuable Shipwreck” 1:00 pm – 2:30 pm	16 Women’s Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	17
18	19 Coffee Group 11:00 am-12:00 pm Christmas Decoration Making 1:00 pm – 3:00 pm	20 Emotional Wellness #6 10:00 am – 12:00 pm Intro To Brain Injury #3 1:00 pm – 2:30 pm	21 Karate 10:00 am – 11:30 am CLG “How to just say “NO”” 12:30 pm-2:00 pm PWD	22 Rebuilding #3 10:00 am – 11:30 am Open Social “A Flash of Beauty - Bigfoot Revealed” 1:00 pm – 2:30 pm	23 Women’s Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	24
25	26 Coffee Group 11:00 am-12:00 pm Christmas Decoration Making 1:00 pm – 3:00 pm	27 Emotional Wellness #7 10:00 am – 12:00 pm Intro To Brain Injury #4 1:00 pm – 2:30 pm	28 Karate 10:00 am – 11:30 am CLG “Realistic Expectations” 12:30 pm-2:00 pm CPP/OAS	29 Rebuilding #4 10:00 am – 11:30 am Halloween Potluck 1:00 pm – 2:30 pm	30 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	31