NOVEMBER 2026 PG Brain Injured Group PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 Coffee Group 11:00 am-12:00 pm Christmas Decoration Making 1:00 pm – 3:00 pm	3 Emotional Wellness #8 10:00 am – 11:30 am	4 Karate 10:00 am - 11:30 am CLG "Self Identity and Self Worth" 12:30 pm-2:30 pm	5 Rebuilding #5 10:00 am – 11:30 am Open Social "Butch Cassidy and the Sundance Kid" 1:00 pm -2:30 pm	6 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	7
8	9 Coffee Group 11:00 am-12:00 pm Christmas Decoration Making 1:00 pm – 3:00 pm	10 Emotional Wellness #9 10:00 am – 11:30 am Toolbox #1 1:00 pm – 2:30 pm	11 Remembrance Day – Office Closed 	12 Rebuilding #6 10:00 am – 11:30 am Open Social "The Incredible Life Cycle of Moose" 1:00 pm -2:30 pm	13 Women's Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	14
15	16 Coffee Group 11:00 am-12:00 pm Christmas Decoration Making 1:00 pm – 3:00 pm	17 Emotional Wellness #10 10:00 am – 11:30 am Toolbox #2 1:00 pm – 2:30 pm	18 Karate 10:00 am - 11:30 am CLG "Expressing my Feelings and Needs" 12:30 pm-2:00 pm PWD	19 Rebuilding #7 10:00 am – 11:30 am Fall Favourites Potluck 1:00 pm -2:30 pm	20 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	21
22	23 Coffee Group 11:00 am-12:00 pm Christmas Decoration Making 1:00 pm – 3:00 pm	24 Emotional Wellness #11 10:00 am – 11:30 am Toolbox #3 1:00 pm – 2:30 pm	25 Karate 10:00 am - 11:30 am CLG "Emotional Roller-coaster" 12:30 pm-2:00 pm	26 Rebuilding #8 10:00 am – 11:30 am Open Social "The Fight for Wildlife on Canada's Coast" 1:00 pm -2:30 pm CPP/OAS	27 Women's Group 10:00 am – 11:30 am Games 11:00 am – 1:00 pm Yoga 1:30 pm – 2:30 pm	28
29	30 Coffee Group 11:00 am-12:00 pm Christmas Decoration Making 1:00 pm – 3:00 pm					
