






November 2021 Community Support Group Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
1	2 Games Group Karaoke.	3 Health & Fitness Bridges.	4 Social & Rec Group moved to Nov, 10 Nighthawks game. Dinner at Burgervale. Meet at 5PM	5 	<p>Tuesday Games Group 9-12 Meet at The Youth Centre</p> <p>Wednesday Health & Fitness 1-4 Meet at the Walking Bridge</p> <p>Thursday Social & Rec 1:30-7:30 Meet at Gyro Unless otherwise stated</p> <p>** Must bring Vaccine Passport to all Community Events **</p>
8 	9 Games Group Clue.	10 Health & Fitness Downtown walk. <i>Nighthawks Game</i>	11 Social & Rec Remembrance Day. No Group. 	12	
15	16 Games Group Video Games.	17 Health & Fitness Check in on progress of our fitness goals.	18 Social & Rec Boston Pizza & Movie In Castlegar. Group 3:30-9:30	19 	
22 	23 Games Group Foosball.	24 Health & Fitness Planning for Health&Fitness in the winter months.	25 Social & Rec Games Night. Bring your own dinner.	26	
29	30 Games Group Pool & Shuffleboard.		"In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below..."	