

November 2017 – Muskoka Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
		1 HUNTSVILLE Guest Speaker 1–2:30 PM	2	3	 <p> Check out our website! www.braininjuryservices.ca </p> <p> Give us a call 1-877-320-1950 </p> <p> Cynthia ext: 245 Trisha ext. 226 </p>
6	7 BRACEBRIDGE Lunch & Learn 12-2:30 PM	8	9	10	
13	14	15	16	17 GRAVENHURST Peer Social 1–2:30 PM	
20	21 BRACEBRIDGE Art Workshop 1-3:00 PM	22	23	24	
27	28	29	30		

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- November 1 Join us in the community room at Your Independent Grocer (YIG) in **Huntsville**. We will have a guest speak at this meeting. Patrick Streppel, representing MasteringWillpower.com. He is the Author of “Brain & Body Fit After Forty”.
1:00 – 2:30 PM
- November 7 Lunch and Learn. Join us in the community room at YIG in **Bracebridge**. We will make a light lunch to enjoy. We will then discuss some ways in which you may lower your risk of injury from a fall.
12:00 – 2:30 PM
- November 17 Join us at “The Friends” office, 141 Sharpe St. West in **Gravenhurst** for a peer social. Come share your community information and helpful tips on living with a brain injury.
1:00 to 2:30 PM
- November 21 Art Workshop. Join us, along with Nancy Hunter, at the YIG in **Bracebridge**. Nancy will facilitate an art workshop that will give you the opportunity to complete a piece of art that will be ready for display.
1:00 to 3:00 PM

*****NEW LOCATION FOR THE MUSKOKA BIS OFFICE: 141 Sharpe St. West, Gravenhurst*****