

May 2018 – Muskoka Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
	1 BRACEBRIDGE Lunch & Learn 12 - 2:30 p.m.	2 HUNTSVILLE Memory Strategies 1 – 2:30 p.m.	3	4	<div data-bbox="1430 342 2018 837" data-label="Image"> </div> <div data-bbox="1541 915 1892 976" data-label="Text"> <p>Check out our website! www.braininjuryservices.ca</p> </div> <div data-bbox="1591 1049 1839 1122" data-label="Text"> <p>Give us a call 1-877-320-1950</p> </div> <div data-bbox="1583 1175 1850 1252" data-label="Text"> <p>Cynthia ext: 245 Trisha ext: 226</p> </div>
7	8	9	10	11	
14	15	16	17	18	
21 BIS Office Closed	22 BRACEBRIDGE Make & Take 1 – 2:30 p.m.	23	24	25 GRAVENHURST Peer Social 1 – 2:30 p.m.	
28	29	30			

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- May 1 Lunch and Learn. Join us in the community room at Your Independent Grocer (YIG) in **Bracebridge**. We will make a light lunch and then discuss some tips to help you cope with anxiety.
12:00 p.m. – 2:30 p.m.
- May 2 Join us in the Community Room at YIG in **Huntsville**. This is an opportunity to meet with your peers and share some memory strategies to help you on a day to day basis.
1:00 p.m. to 2:30 PM
- May 22 Make & Take. Join us in the community room at Your Independent Grocer (YIG) in **Bracebridge**. We will be making a spring wreath.
1:00 p.m. – 2:30 p.m.
- May 25 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