

October 2018 – Muskoka Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
1	2 BRACEBRIDGE Lunch & Learn 12 – 2:30 p.m.	3 HUNTSVILLE Mindfulness 1 – 2:30 p.m.	4	5	 <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>
8 Thanksgiving BIS office closed	9	10	11	12	
15	16	17	18	19 GRAVENHURST Peer Social 1 – 2:30 p.m.	
22	23 BRACEBRIDGE Art workshop 1 – 3:00 p.m.	24	25	26	
29	30	31			



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- October 2
Lunch & Learn. Join us in the Community Room at Your Independent Grocer (YIG) in **Bracebridge**. We will prepare and enjoy an Oktoberfest meal complete with pumpkin pie and then we will discuss some budgeting tips to stretch your dollar.
12:00 p.m. - 2:30 p.m.
- October 3
Join us in the community room at YIG in **Huntsville**. We will meet and discuss some mindfulness strategies (after listening to a webinar) as well as provide some peer support.
1:00 p.m. – 2:30 p.m.
- October 19
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 p.m. to 2:30 p.m.
- October 23
Art workshop. Join us in the Community Room at YIG in **Bracebridge**. Nancy Hunter 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 p.m. to 3:00 p.m.