


# November 2018 – Muskoka Community Programs

| MONDAY | TUESDAY   | WEDNESDAY   | THURSDAY | FRIDAY  | REMINDERS  |
|--------|---|---|----------|---|--|
|        |   |   | 1        | 2   |  <p>Check out our website!<br/> <a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a></p> <p>Give us a call<br/>           1-877-320-1950</p> <p>Cynthia ext: 245<br/>           Trisha ext: 226</p> |
| 5      | 6<br>BRACEBRIDGE<br><br>Lunch & Learn<br><br>12 - 2:30 p.m. | 7<br>HUNTSVILLE<br><br>Empowerment<br><br>1 – 2:30 p.m. | 8        | 9   |  |
| 12     | 13  | 14  | 15       | 16  |  |
| 19     | 20<br>BRACEBRIDGE<br><br>Art workshop<br><br>1 – 3:00 p.m.  | 21  | 22       | 23<br>GRAVENHURST<br><br>Peer Social<br><br>1 – 2:30 p.m. |  |
| 26     | 27  | 28  | 29       | 30  |  |

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- November 6                      Lunch and Learn. Join us in the Community Room at Your Independent Grocer (YIG) in **Bracebridge**. We will make a light lunch in honour of Taco Tuesday and then we will discuss the process of empowerment.  
12:00 p.m. – 2:30 p.m.
- November 7                      Join us in the community room at YIG in **Huntsville**. We will meet and discuss the process of empowerment.  
1:00 p.m. – 2:30 p.m.
- November 20                    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.
- November 23                    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.