

January 2019 – Muskoka Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
BIS Office Closed	1 BIS Office Closed	2 HUNTSVILLE Goal Setting for 2019 1 – 2:30 p.m.	3	4	 <p style="text-align: center;">Check out our website! www.braininjuryservices.ca</p> <p style="text-align: center;">Give us a call 1-877-320-1950</p> <p style="text-align: center;">Cynthia ext: 245 Trisha ext: 226</p>
7	8	9	10	11	
14	15 BRACEBRIDGE Lunch & Learn 12 - 2:30 p.m.	16	17	18 GRAVENHURST Peer Social 1 – 2:30 p.m.	
21	22	23	24	25	
28	29 BRACEBRIDGE Art workshop 1 –3:00 p.m.	30			

January 2019 – Muskoka Community Programs

- January 2 Join us in the Community Room at Your Independent Grocer (YIG) in **Huntsville**. This is an opportunity to meet with your peers and share some “Goal Setting” tips for the New Year.
1:00 p.m. to 2:30 p.m.
- January 15 Lunch and Learn. Join us in the community room at (YIG) in **Bracebridge**. We will make a light lunch and then discuss some Internet safety and privacy tips.
12:00 p.m. – 2:30 p.m.
- January 18 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.
- January 29 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.