

October 2019 – Muskoka Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
	1 BRACEBRIDGE Lunch & Learn 12 - 2:30 p.m.	2	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 <i>Thanksgiving</i> <i>BIS office closed</i>	15	16	17	18 GRAVENHURST Peer Social 1 - 2:30 p.m.	
21	22 BRACEBRIDGE Art Workshop 1 – 3:00 p.m.	23	24	25	
28 HUNTSVILLE Peer Social (Topic: Anxiety) 10 – 11:30 a.m.	29	30	31		

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- October 1 Lunch and Learn. Join us in the Community Room at Your Independent Grocer (YIG) in **Bracebridge**. We will make a light lunch and share community information and helpful tips on living with a brain injury.
12:00 p.m. – 2:30 p.m.
- October 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.
- October 22 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.
- October 28 Join us in the Community Room at YIG in **Huntsville**. We will meet for a peer social and to discuss some strategies to help you cope with anxiety.
10:00 a.m. to 11:30 a.m.