

January 2020 – Muskoka Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
BIS Office Closed	BIS Office Closed	1 BIS Office Closed	2	3	 <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>
6	7 BRACEBRIDGE Lunch and learn 12 - 2:30 p.m.	8	9	10	
13	14	15	16	17 GRAVENHURST Peer Social 1 – 2:30 p.m.	
20	21 BRACEBRIDGE Art workshop 1 – 3:00 p.m.	22	23	24	
27 HUNTSVILLE Peer Social 10 – 11:30 a.m.	28	29	30	31	

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- January 7 Lunch and Learn. Join us in the Community Room at Your Independent Grocer (YIG) in **Bracebridge**. We will be making some comfort food for lunch and then we will share some community information and helpful tips on living with a brain injury.
12:00 – 2:30 p.m.
- January 17 Peer Social. 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 21 Art workshop. Join us in the Community Room at YIG in **Bracebridge**. Local artist, 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.
- January 27 Peer Social. Join us in the Community Room at YIG in **Huntsville**. This is an opportunity to meet with your peers to share your community information and helpful tips on living with a brain injury.
10:00 a.m. to 11:30 a.m.