


Mon	Tue	Wed	Thu	Fri
		01  Canada Day BIS Closed	02 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	03
06 10:00 am Peer Support / Social	07 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	08 1:00pm Social / Fun and Games	09 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	10
13 10:00 am Food and Nutrition	14 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	15 1:00pm Social / Fun and Games	16 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	17
20 10:00 am Baggage Activity	21 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	22 1:00pm Social / Fun and Games	23 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	24
27 10:00 am Olympic History and Games	28 10:00 am Social / Brain Busters 11:15 am VON Exercise / Music	29 1:00pm Social / Fun and Games	30	31

If you would like to register for ZOOM online groups or would like more information email  
[ksulman@braininjuryservices.ca](mailto:ksulman@braininjuryservices.ca)

***NOTE:*** Please do not join programs more than 5 minutes before start time