

Mon	Tue	Wed	Thu	Fri
	01 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	02 Meditation Drop-in: 2:30 pm – 3:00 pm	03 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am <hr/> Orillia Group Outing: 10:00 am-1:00pm	04
07 Labour Day BIS CLOSED	08 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	09 Midland Group Outing: 9:30 am -12:30 pm <hr/> Meditation Drop-in: 2:30 pm – 3:00 pm	10 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am <hr/> Orillia Group Outing: 2:00 pm-3:30pm	11
14 Meditation Drop-in: 2:30 pm – 3:00 pm	15 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	16 Collingwood Group Outing: 9:30 am – 12:30 pm <hr/> Meditation Drop-in: 2:30 pm – 3:00 pm	17 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	18
21 Meditation Drop-in: 2:30 pm – 3:00 pm	22 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	23 Midland Group Outing: 9:30 am -12:30 pm <hr/> Meditation Drop-in: 2:30 pm – 3:00 pm	24 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	25
28 Meditation Drop-in: 2:30 pm – 3:00 pm	29 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	30 Collingwood Group Outing: 9:30 am – 12:30 pm <hr/> Meditation Drop-in: 2:30 pm – 3:00 pm	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Note: Registration required for Meditation Drop-in Mondays and Wednesdays</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Note: Your Counselor will provide you with details about Group Outings in your area</p> </div>	

If you would like to register for ZOOM online groups or would like more information email
ksulman@braininjuryservices.ca

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