

Mon	Tue	Wed	Thu	Fri
<p>Note: Registration required for Meditation Drop-in On Mondays</p>			01 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	02
<p>Note: Your Counselor will provide you with details about Group Outings in your area</p>			Orillia Group Outing: 11:30 am-3:30pm	
05 Meditation Drop-in: 3:30 pm – 4:00 pm	06 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am <hr/> Midland Group Outing 9:30 am – 11:45 am	07 Collingwood Group Outing 10:00 am- 1:00 pm	08 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am <hr/> Orillia Group Outing: 10:00 am-12:00pm	09
12 Thanksgiving BIS CLOSED	13 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	14	15 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	16
19 Meditation Drop-in: 3:30 pm – 4:00 pm	20 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am <hr/> Midland Group Outing 9:30 am – 11:45 am	21 Collingwood Group Outing 10:30 am – 12:00 pm	22 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am <hr/> Orillia Group Outing: 2:00 pm-3:30 pm	23
26 Meditation Drop-in: 3:30 pm – 4:00 pm	27 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	28	29 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	30 Identifying Your Strengths: Art-Based Education* Time to be Determined

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

***Please register for
 “Identifying Your Strengths”
 by Oct. 09
 Contact:
 rswift@braininjuryservices.ca**