

Mon	Tue	Wed	Thu	Fri
02 Meditation Drop-in: 3:30 pm – 4:00 pm	03 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	04 Collingwood Outing 10:00 am-11:30 am	05 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am <hr/> Orillia Group Outing: 11:30 am-3:30pm	06
09 Meditation Drop-in: 3:30 pm – 4:00 pm	10 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	11	12 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am <hr/> Orillia Group Outing: 2:00 pm-3:30pm	13
16 Meditation Drop-in: 3:30 pm – 4:00 pm	17 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	18 Collingwood Outing 11:00 am-1:00 pm	19 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	20
23 Meditation Drop-in: 3:30 pm – 4:00 pm	24 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	25	26 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am <hr/> Orillia Group Outing: 2:00 pm-3:30 pm	27
30 Meditation Drop-in: 3:30 pm – 4:00 pm	Note: Registration required for Meditation Drop-in On Mondays		Note: Your Counselor will provide you with details about Group Outings in your area	

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