










Mon	Tue	Wed	Thu	Fri	
 <b>Meditation Drop-in:</b> 3:30 pm – 4:00 pm	01 <b>Brain Busters:</b> 10:00 am <b>VON Exercise /Music:</b> 11:15 am	02 	03 <b>Winter Jeopardy :</b> 10:00 am <b>VON Exercise /Music:</b> 11:15 am <hr/> <b>Orillia Day Program</b> 1:15 pm - 2:15pm	04 	
07 <b>Meditation Drop-in:</b> 3:30 pm – 4:00 pm	08 <b>Brain Busters:</b> 10:00 am <b>VON Exercise /Music:</b> 11:15 am	09 	10 <b>Brain Busters:</b> 10:00 am <b>VON Exercise /Music:</b> 11:15 am <hr/> <b>Orillia Day Program</b> 1:15 pm - 2:15pm	11	
14 <b>Meditation Drop-in:</b> 3:30 pm – 4:00 pm 	15 <i>Holiday Themed Morning</i> <b>Brain Busters:</b> 10:00 am <b>VON Exercise /Music:</b> 11:15 am 	16 	17 <b>Brain Busters:</b> 10:00 am <b>VON Exercise /Music:</b> 11:15 am <hr/> <b>Orillia Day Program</b> 1:15 pm - 2:15pm	18 	
21 <b>Meditation Drop-in:</b> 3:30 pm – 4:00 pm	22 <b>Brain Busters:</b> 10:00 am <b>VON Exercise /Music:</b> 11:15 am	23	24 <b>Brain Busters:</b> 10:00 am <b>VON Exercise /Music:</b> 11:15 am	25 BIS CLOSED <i>Merry Christmas!</i> 	
28	29	30	31		
<b>Note: Registration required for Meditation Drop-in On Mondays</b>		<b>Note: Orillia area clients: Your Counselor will provide you with details about the Orillia Day Program</b>		<b>BIS Office and Programs Closed From Dec. 25, 2020 through Jan. 01, 2021            BIS office reopens Jan. 04, 2021</b>	

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