

Mon	Tue	Wed	Thu	Fri
04 Meditation Drop-in: 3:30 pm – 4:00 pm	05 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	06	07 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am Orillia Day Program 1:15 pm-2:15 pm	08
11 Meditation Drop-in: 3:30 pm – 4:00 pm	12 Brain Busters Bingo: 10:00 am VON Exercise /Music: 11:15 am	13	14 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am Orillia Day Program 2:00 pm-3:30pm	15
18 Meditation Drop-in: 3:30 pm – 4:00 pm	19 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	20	21 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am Orillia Day Program 11:30 am-3:30 pm	22
25 Meditation Drop-in: 3:30 pm – 4:00 pm	26 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am	27	28 Brain Busters: 10:00 am VON Exercise /Music: 11:15 am Orillia Day Program 1:15 pm-2:15 pm	29
Note: Registration required for Meditation Drop-in On Mondays			Note: Orillia area clients: Your Counselor will provide you with details about the Orillia Day Program	

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

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