

January 2021 – Virtual Programs –Join Us Via Zoom!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
4 Meditation 3:30-4:00 PM	5 Falls Prevention 1:30	6	7 Vision Board 1:30	8	 <p>**NOTE**</p> <p>Please do not join programs more than 5 minutes before program start time.</p> <p>If you would like to register for ZOOM online groups or would like more information please email rswift@braininjuryservices.ca</p> <p>Stop by our website! www.braininjuryservices.ca</p>
11 Meditation 3:30-4:00 PM	12 Brain Health 1:30	13	14 Vision Board 1:30	15	
18 Meditation 3:30-4:00 PM	19 Brain Health 1:30	20	21 Peer Discussion 1:30	22 Scavenger Hunt 1:30	
25 Meditation 3:30-4:00 PM	26 Brain Power Exercises 1:30	27	28 Blink and Miss 1:30	29	

WORKSHOPS

<u>Falls Prevention:</u>	The first step to avoiding falls is to understand what causes them. We will review a fall prevention checklist and will touch on concussion management during this meeting.
<u>Vision Board:</u>	Put your ideas to paper! This two week workshop will explore your goals for 2021. Week one will focus on planning and goal setting, week two we will get creative making vision boards to help visualize your year ahead! Please register by December 21st so we can ensure supplies are dropped off in time!
<u>Brain Health:</u>	It is never too early or too late to start being brain healthy. Join us to identify options and discuss strategies to improve and maintain good brain health throughout your life.
<u>Peer Discussion:</u>	Meet others with ABI and share supportive strategies learned along your ABI journey
<u>Scavenger Hunt:</u>	Did you see it? Did you find it? Join us to share your discoveries, stories and laughter from the Scavenger Hunt! If you would like to share photos on the Zoom screen – please send them to Keri by Jan 20 so that they can be uploaded in time for the Zoom session on Jan 22. If you would like to have the Scavenger Hunt List contact Keri at kireland@braininjuryservices.ca
<u>Brain Power Exercises:</u>	Participate in logic games and puzzles for a brain workout
<u>Blink and Miss It:</u>	How much can you observe in the images presented. Once you get the hang of it - you may see more than you realize. Join us for a challenge and lots of laughter.