


March 2023 – Virtual Community Programs – Join Us Via Zoom!

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	REMINDERS
		1	2 Yahtzee	3	 <p>You must register for sessions every month.</p> <p>To register for ZOOM virtual groups or for more information please call or email Kathy ksulman@braininjuryservices.ca 705-734-2178 ext. 223</p> <p>If you have any trouble logging in, or didn't receive the link, call the office at least 10 minutes prior to the session.</p> <p>(See page 2 for session outlines) www.braininjuryservices.ca</p>
6 Movement 2:30-3:15 Meditation 3:15-3:45	7 Self Esteem 1:30	8	9 Great Women's Matching Game 1:30	10 Healthy Aging Series <u>Healthy Brain</u> 10:00am	
13 Movement 2:30-3:15 Meditation 3:15-3:45	14 Self Esteem 1:30	15	16 Jeopardy 1:30	17	
20 Movement 2:30-3:15 Meditation 3:15-3:45	21 Spring Cleaning 1:30	22	23 Card Painting 1:30 Sign up by March 8th MAX 10	24 Healthy Aging Series <u>Planning Ahead</u> 10:00am	
27 Movement 2:30-3:15 Meditation 3:15-3:45	28 Spring Cleaning 1:30	29	30 Boggle 1:30	31	

WORKSHOPS

Gentle Movement & Meditation	This gentle seated program will teach you to be confident practicing gentle yoga followed by a facilitator lead meditation. You will have the opportunity to connect with others in a supportive community. All abilities welcome. Supportive chair required.
Yahtzee	We'll be rolling the dice with lady luck to play a round or two of YAHTZEE!! The score sheet will be emailed to you to print at home.
Self Esteem	Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. Join us in exploring ways to develop a positive self-esteem and personal growth.
Great Women's Matching Game	Let's celebrate International Women's Day with this matching game. Match the name and the accomplishment of great women throughout history.
Healthy Aging Series with VON Kinesiologist Lori Ververs	Maintaining a Healthy Brain. The goal of this class is to learn about brain health and to improve knowledge of how brain health impacts our overall well-being. Age-related cognitive changes, depression and stress management are also discussed.
Jeopardy	We've got the answers; you tell us the questions! A great way to work your brain and have a few laughs along the way!
Spring Cleaning	Spring is a great time to do some organizing and tidying up to prepare for the months ahead. Join in to learn some tips and to make reasonable goals for yourself.
Card Painting	We will be painting a card today to celebrate spring! Please sign up by March 8th as space is limited. Supplies will be porch dropped. You will need a little cup of water and some paper towels.
Boggle	Let's test our scanning abilities for words. Boggle is a 4 by 4 grid of letters. You find words by "chaining" the letters. The letters must be touching vertically, horizontally, or diagonally in a chain. Ready, set, BOGGLE!!
Healthy Aging Series with VON Kinesiologist Lori Ververs	Pay Attention to Keep Safe. The goal of this class is to discuss the importance of planning ahead and avoiding taking risks to promote safety. Key information covered in previous units will also be reviewed.

Revised February 21, 2023