

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

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	REMINDERS
3 Movement 2:30-3:15 Meditation 3:15-3:45	4 Think, Act, Be 1:30	5	6 TRIVIA 1:30	7 BIS CLOSED	 <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</p> <p>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)</p> <p>www.braininjuryservices.ca</p>
10 BIS CLOSED	11 From Laughter to Anger 1:30	12	13 Top 7 Answers 1:30	14 Healthy Aging Series <u>Sleep</u> 10:00am	
17 Movement 2:30-3:15 Meditation 3:15-3:45	18 From Laughter to Anger 1:30	19	20 4 Pics 1 Word 1:30	21	
24 Movement 2:30-3:15 Meditation 3:15-3:45	25 From Laughter to Anger 1:30	26	27 Bingo 1:30	28	

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.
Think, Act, Be	CBT cards – Join us and explore different strategies, techniques and practices to help you manage your thoughts, choose your actions and implement mindfulness to stay connected to the moment.
Trivia	Join in for some seasonal trivia to test your knowledge
From Laughter to Anger	We may not always be able to control what happens in our world – but we can learn how to manage our reactions to it. Join us for an interactive workshop to learn and discuss strategies to increase our laughter and decrease our frustration/anger
Top 7 Answers	Join us for a fun interactive game of guessing what the top 7 answers to a question could be
Healthy Aging Series with VON Kinesiologist Lori Ververs	The goal of this class is to learn about the importance of sleep and its impact on our health and well-being, and to improve knowledge of techniques to improve sleep.
4 Pics 1 Word	Join us today for a fun game of pictures and words. Take a look at 4 pictures and see if you can find the 1 word they have in common.
Bingo	Join us for an afternoon of fun while we play Brain Power Bingo. There will be prizes for the winners. NOTE: Please sign up by April 14th so we can ‘porch drop’ the materials.

Revised March 23, 2023