


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
	1 What's on Your Mind? 1:30	2	3 No virtual groups in August	4 Mindful Friday Cancelled	 <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)</p> <p>www.braininjuryservices.ca</p>
7 BIS CLOSED	8 Alphabet Challenge 1:30	9	10	11 Mindful Friday 11:00	
14 Move & Meditate CANCELLED In August	15 Boggle 1:30	16	17	18 Mindful Friday 11:00	
21	22 Bingo 1:30	23	24	25 Mindful Friday 11:00	
28	29 Trivia 1:30	30	31		

WORKSHOPS

Mindful Friday	This group is for people with prior Mindfulness Training. Please contact Kathy to sign up for Mindfulness Training starting Thursday September 14th 11am-12pm either virtual or in person at 21 Essa Rd. FLYER ATTACHED
What's on Your Mind?	Join us today for peer discussion where we will share ideas, stories, jokes, and more.
Alphabet Challenge	Challenge your memory and word finding with this fun word game
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!!
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 August 8th so we can 'porch drop' the materials
Trivia	Do you know the answer? Come share your knowledge with others and maybe learn something as well! Feel free to come with your own trivia questions to share.

Revised July 21, 2023