

October 2023 – Community Programs

Please note this calendar outlines both IN PERSON & VIRTUAL programs.
See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
2	3 <u>VIRTUAL</u> : Pacing & Planning Strategies after an ABI 1:30PM	4	5 <u>IN PERSON</u> : Drop in 1PM – 4PM	6
9 THANKSGIVING BIS CLOSED.	10 <u>VIRTUAL</u> : Pacing & Planning Strategies after an ABI 1:30PM	11	12 <u>IN PERSON</u> : Drop in 1PM – 4PM	13
16	17 <u>VIRTUAL</u> : Pacing & Planning Strategies after an ABI 1:30PM	18	19 <u>IN PERSON</u> : Drop in 1PM – 4PM	20
23	24 <u>VIRTUAL</u> : Pacing & Planning Strategies after an ABI 1:30PM	25	26 <u>IN PERSON</u> : Bowling 1PM <u>IN PERSON</u> : Ladies Group 1PM	27
30	31 <u>VIRTUAL</u> : BINGO 1:30PM <u>VIRTUAL</u> : SCAVENGER HUNT 2:30PM			



TO REGISTER:
Call or email Jenn Kidd
jkidd@braininjuryservices.ca
705-734-2178 ext. 241



October 2023 – Community Programs



IN PERSON:	
Drop – in	Drop In 1pm – 4pm 21 Essa Rd. Unit #1 Barrie Join us for an afternoon of activities, games, discussion, peer support and much more!
Ladies Group	BIS Office: 1pm – 4pm 21 Essa Rd. Unit #1 Barrie Join us today for an afternoon of gentle exercises, meditation, and a spooktacular activity!
Bowling	Bowling 1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie

VIRTUAL:	
Pacing & Planning Strategies after an ABI	Pacing is a method and rehabilitation approach to help balance REST and ACTIVITY in your daily life. Pacing helps manage symptoms such as fatigue and allows you to maintain energy levels to accomplish more in your day-to-day life.
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 October 12th so we can ‘porch drop’ the materials
Scavenger Hunt	A Scavenger Hunt list will be sent out in October and you have the month to check off the list! Join us on Zoom <u>October 31st at 2:30PM</u> to share pictures, experiences and laughter!