

# November 2023 – Community Programs

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

MON DAY	TUESDAY	WED	THURSDAY	FRIDAY
	<b>IN PERSON:</b> Urban Pole Walking @ Bayfield Mall Tuesday's 9:30 – 11:30	1	2 <b>IN PERSON:</b> Drop in 1PM – 4PM	3 <b>VIRTUAL:</b> Mindful Fridays 11am
6	7 <b>VIRTUAL:</b> Artificial Intelligence & Scam Awareness 1:30PM	8	9 <b>IN PERSON:</b> Drop in 1PM – 4PM	10 <b>VIRTUAL:</b> Mindful Fridays 11am
13	14 <b>VIRTUAL:</b> Artificial Intelligence & Scam Awareness 1:30PM	15	16 <b>IN PERSON:</b> Drop in 1PM – 4PM	17 <b>VIRTUAL:</b> Mindful Fridays 11am
20	21 <b>VIRTUAL:</b> Artificial Intelligence & Scam Awareness 1:30PM	22	23 <b>IN PERSON:</b> Drop in 1PM – 4PM	24 <b>VIRTUAL:</b> Mindful Fridays 11am
27	28 <b>VIRTUAL and IN PERSON:</b> Saving Christmas Escape Room 1:30PM	29	30 <b>IN PERSON:</b> Bowling 1PM  <b>IN PERSON:</b> Ladies Group 1PM	<b>SAVE THE DATE</b> BIS/March of Dimes Holiday Lunch Dec. 14 @ 11:30am Cost and details to follow.



**TO REGISTER:**  
Call or email Jenn Kidd

[jkidd@braininjuryservices.ca](mailto:jkidd@braininjuryservices.ca)

705-734-2178 ext. 241



# November 2023 – Community Programs



<b>IN PERSON:</b>	
Drop – in	<b>Drop In 1pm – 4pm 21 Essa Rd. Unit #1 Barrie</b> Join us for an afternoon of activities, games, discussion, peer support and much more!
Ladies Group	<b>BIS Office: 1pm – 4pm 21 Essa Rd. Unit #1 Barrie</b> Join us today for an afternoon of gentle exercises, meditation, and a spooktacular activity!
Bowling	<b>Bowling 1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie</b>
Urban Pole Walking	<b>Urban Pole Walking 9:30am – 11:30am, Bayfield Mall</b> Join us for a morning of walking! Activator poles will be provided.

<b>VIRTUAL:</b>	
AI & Scam Awareness	Technology is constantly changing. Join us to review AI (Artificial Intelligence) and how it can benefit you and how to protect yourself from potential threats.
Escape Room	Do you like a challenge? Feeling Festive. Join us for an interactive ESCAPE ROOM via Zoom. You can join us online from your home or come into BIS and we will join the Zoom as a group. Have some fun solving riddles and finding clues to Save Christmas. No Worries – everyone gets out!!.
Mindful Fridays	Must have completed 12 week Mindfulness Ambassador Program to participate in group. Please call for more information or questions.