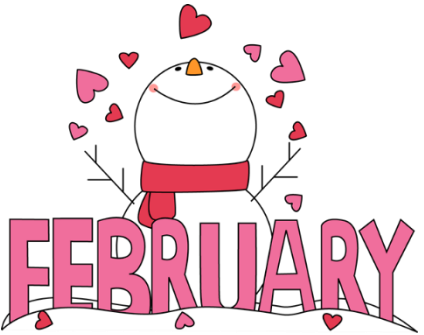


February 2024 – Community Programs

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 | |
|-----------|---|---|---|--|--|
| | <u>IN PERSON:</u> Urban Pole Walking @ Bayfield Mall Tuesday's 9:30 –11:30 | | 1 <u>IN PERSON:</u> Drop in 1PM – 4PM | 2 <u>VIRTUAL:</u> Mindful Fridays 11am |  <p><u>TO REGISTER:</u> Call or email Jenn Kidd</p> <p>ksulman@braininjuryservices.c <u>a</u></p> <p>705-734-2178 ext . 223</p> |
| 5 | 6 <u>VIRTUAL:</u> Icy Blues, Warm Hues: Transforming Winter Perspectives 1:30PM | 7 <u>VIRTUAL:</u> Movement & Meditation 3pm – 4pm | 8 <u>IN PERSON:</u> Drop in 1PM – 4PM | 9 <u>VIRTUAL:</u> Mindful Fridays 11am | |
| 12 | 13 <u>VIRTUAL:</u> Icy Blues, Warm Hues: Transforming Winter Perspectives 1:30PM | 14 <u>VIRTUAL:</u> Movement & Meditation 3pm – 4pm | 15 <u>IN PERSON:</u> Drop in 1PM – 4PM | 16 <u>VIRTUAL:</u> Mindful Fridays 11am | |
| 19 | 20 <u>VIRTUAL:</u> Icy Blues, Warm Hues: Transforming Winter Perspectives 1:30PM | 21 <u>VIRTUAL:</u> Movement & Meditation 3pm – 4pm | 22 <u>IN PERSON:</u> Drop in 1PM – 4PM | 23 <u>VIRTUAL:</u> Mindful Fridays 11am | |
| 26 | 27 <u>VIRTUAL:</u> Scavenger Hunt 1:30PM | 28 <u>VIRTUAL:</u> Movement & Meditation 3pm – 4pm | 29 <u>IN PERSON:</u> Bowling at Bowlerama Barrie 1PM – 4PM | | |

February 2024 – Community Programs



| | |
|---|---|
| In Person: | |
| Drop – in | Drop In 1pm – 4pm 21 Essa Rd. Unit #1 Barrie A welcoming space for participants to connect, share experiences, engage in therapeutic activities, and build a supportive community. |
| Bowling | Bowling 1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie Join us for an afternoon of fun at bowlerama! \$10 includes bowling and shoe rental! |
| Urban Pole Walking | Urban Pole Walking 9:30am – 11:30am, Bayfield Mall More than just a stroll in the park! Using activator poles has been thoroughly researched and has shown to have various benefits on overall health and wellness. Join us for a morning of walking at the Bayfield mall. Call BIS if you are interested and would like more information. |
| Virtual: | |
| ABI Education Group Icy Blues, Warm Hues: Transforming Winter Perspectives | Join us for insightful discussions, interactive activities, and creative ways to discover personalized tools for winter well-being. Learn and create personalized winter wellness plans that cater to your needs. In-person attendance is encouraged as part of beating the winter blues! |
| Movement & Meditation | Back by request! Join us for gentle movement to get your body’s warm, followed by a short meditation practice! No experience required. 3pm – 4pm every Wednesday! |
| Scavenger Hunt | A fun and challenging experience that promotes cognitive, physical, and emotional well-being. Join us on zoom today to share your experience and findings from the scavenger hunt! Email Kathy if you require another copy of the scavenger hunt list! |
| Mindful Fridays | Completion of the 12-week Mindfulness Ambassador Program is required to participate in this group. Please call for more information or questions. |