

January 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
	<p>2</p> <p><u>IN PERSON:</u> Urban Pole Walking @ Bayfield Mall Tuesday's 9:30 –11:30</p> <p>NO VIRTUAL GROUP TODAY</p>	3	<p>4</p> <p><u>IN PERSON:</u> Drop in 1PM – 4PM</p>	<p>5</p> <p><u>VIRTUAL:</u> Mindful Fridays 11am</p>
8	<p>9</p> <p><u>VIRTUAL:</u> Game 1:30PM</p>	10	<p>11</p> <p><u>IN PERSON:</u> Drop in 1PM – 4PM</p>	<p>12</p> <p><u>VIRTUAL:</u> Mindful Fridays 11am</p>
15	<p>16</p> <p><u>VIRTUAL:</u> Goal Setting 1:30PM</p>	17	<p>18</p> <p><u>IN PERSON:</u> Drop in 1PM – 4PM</p>	<p>19</p> <p><u>VIRTUAL:</u> Mindful Fridays 11am</p>
22	<p>23</p> <p><u>VIRTUAL:</u> Goal Setting 1:30PM</p>	24	<p>25</p> <p><u>IN PERSON:</u> Drop in 1PM – 4PM</p>	<p>26</p> <p><u>VIRTUAL:</u> Mindful Fridays 11am</p>
29	<p>30</p> <p><u>VIRTUAL:</u> BINGO 1:30PM</p>	31		



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

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IN PERSON:	
Drop – in	Drop In 1pm – 4pm 21 Essa Rd. Unit #1 Barrie Activities, games, discussion, peer support and much more!
Bowling @ Bowlerama	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 to learn more and experience the benefits of urban pole walking! Call Jenn if you are interested and would like more information.

VIRTUAL:	
Virtual Game	Time to get those neurons firing! Join us for cognitive games to support your ABI recovery through puzzles, social interaction, and fun!
Goal Setting	No more New Year's resolutions, try this instead! Let's explore the idea of adding more or doing less in our daily routines rather than setting one big resolution. Join us to learn tools and strategies to support you in reaching your goals throughout the entire year!
BINGO	Test your luck at BINGO and win some prizes! Please register by January 17th to receive your bingo cards!
Mindful Fridays	Must have completed 12 week Mindfulness Ambassador Program to participate in group. Please call for more information or questions.