

# August 2024 – 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	
			1 <u>Urban Pole Walking</u> 9:30 – 11:30 <u>IN PERSON: Drop in</u> 1PM – 4PM	2 <u>VIRTUAL: Mindful</u> Friday 11am	 <p><b>TO REGISTER:</b> Call or email Jenn Kidd <a href="mailto:jkidd@braininjuryservices.ca">jkidd@braininjuryservices.ca</a> 705-734-2178 ext . 241</p> <p>See back of calendar for details.</p> <p>Mindfulness Ambassador Program will begin Thursday mornings in September! Please contact Jenn if you are interested and would like more details!</p>
5	6	7	8 <u>Urban Pole Walking</u> 9:30 – 11:30 <u>IN PERSON: Drop in</u> 1PM – 4PM	9 <u>VIRTUAL: Mindful</u> Friday 11am	
12	13	14	15 <u>Urban Pole Walking</u> 9:30 – 11:30 <u>IN PERSON: Drop in</u> 1PM – 4PM	16 <u>VIRTUAL: Mindful</u> Fridays 11am	
19	20	21	22 <u>No Pole Walking Today.</u> <u>IN PERSON: Drop in</u> 1PM – 4PM	23 <u>VIRTUAL: Mindful</u> Fridays 11am	
26	27	28	29 <u>Urban Pole Walking</u> 9:30 – 11:30 <u>IN PERSON: Bowling</u> Bowlerama Barrie	30	

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<b>In Person:</b>	
<b>Drop – in</b>	<b>Drop In 1pm – 4pm 21 Essa Rd. Unit #1 Barrie</b> A welcoming space for participants to connect, share experiences, engage in therapeutic activities, and build a supportive community.
<b>Bowling</b>	<b>Bowling 1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie</b> Join us for an afternoon of fun at bowlerama! \$10 includes bowling and shoe rental!
<b>Urban Pole Walking</b>	<b>Urban Pole Walking 9:30am – 11:30am, BIS Office → Barrie Waterfront</b> 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 Barrie Waterfront. <b>Call Jenn if you are interested and would like more information.</b>
<b>In-person OR Virtual:</b>	
<b>No Education Groups for July/August</b>	
<b>Virtual:</b>	
<b>Mindful Fridays</b>	Completion of the 12-week Mindfulness Ambassador Program is required to participate in this group. Please call for more information or questions.