

February 2025 – Community Programs

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
3	4 <u>Spice of Life Holistic Health and Wellness</u> <u>1:30</u>	5	6 Drop In 1PM – 4PM	7	 <p>FEBRUARY</p> <p>TO REGISTER: Call or email Kathy Sulman ksulman@braininjuryservices.ca 705-734-2178 ext . 223</p> <p>See back of calendar for program details.</p>
10	11 <u>Spice of Life Holistic Health and Wellness</u> <u>1:30</u>	12	13 Drop In 1PM – 4PM	14	
17 BIS Closed Family Day	18 <u>BINGO</u> <u>1:30 on ZOOM</u>	19	20 BOWLING 1PM – 4PM	21	
24	25 <u>Spice of Life Holistic Health and Wellness</u> <u>1:30</u>	26	27 Drop IN CANCELLED	28	

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Group Descriptions:	
Drop – in	<p>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.</p>
Bowling – THIRD Thursday this month	<p>1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie Join us for an afternoon of fun at bowlerama! \$10 includes bowling and shoe rental!</p>
Spice of Life – Holistic Health and Wellness	<p>Join us for an interactive workshop to explore an approach to Health and Wellness through the acronym SPICE – Spiritual, Physical, Intellectual, Community and Emotional Well-being. 1:30PM 21 Essa Rd. Unit #1 Barrie – Let me know if you would like to ZOOM in.</p>
BINGO Game	<p>1:30PM on ZOOM Test your luck at BINGO and win some prizes! Please register by February 7th to receive your bingo cards!</p>