


# May 2025 – Community Programs

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	 <p><b>TO REGISTER:</b> Call or email Kathy Sulman <a href="mailto:ksulman@braininjuryservices.ca">ksulman@braininjuryservices.ca</a>  705-734-2178 ext . 223  See back of calendar for program details.</p>
			1 Drop In 1PM – 4PM	2	
5 “Wall of Gratitude Activity” (in person Huntsville)	6 <u>Education Group</u> <u>1:30</u>	7	8 Barrie Library Tour 2PM – 4PM 60 Worsley St. Barrie	9 FITNESS FRIDAY ORILLIA 10:30-12pm (pole walk)	
12	13 <u>Education Group</u> <u>1:30</u>	14	15 Mindful May 11am Drop In 1PM – 4PM	16 FITNESS FRIDAY ORILLIA 10:30-2:30pm	
19 BIS CLOSED	20 <u>Education Group</u> <u>1:30</u>	21	22 Mindful May 11am Drop In 1PM – 4PM	23 FITNESS FRIDAY Barrie 9:30-11:30 FITNESS FRIDAY ORILLIA 10:30-2:30pm	
26 Virtual Peer Support 10:30-11:30	27	28	29 Mindful May 11am Bowling @Bowlerama Barrie 1PM – 4PM	30 FITNESS FRIDAY ORILLIA 10:30-2:30pm	

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Group Descriptions:	
<b>“Wall of Gratitude” Activity In Person Muskoka Group</b>	<b>10:30-12:00 at the Huntsville Legion, 21 Veterans Way.</b> We meet upstairs. There is an elevator available.
<b>Drop – in</b>	<b>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>Library Tour 2pm 60 Worsley St. Barrie</b>	<b>We will be meeting at the Barrie downtown library at 2pm for a tour and to learn about all of the amazing free resources they offer. Bring identification if you want to sign up for a library card.</b>
<b>Mindful May</b>	<b>11:00am Barrie 21 Essa Rd. or on ZOOM</b>
<b>Bowling</b>	<b>1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie</b> Join us for an afternoon of fun at <b>Bowlerama! \$10</b> includes bowling and shoe rental!
<b>Education Group</b>	<b>1:30PM 21 Essa Rd. Unit #1 Barrie or on ZOOM</b> <b>Adapting to change</b> – Change happens—sometimes fast, sometimes out of nowhere. Being able to roll with it helps us grow, learn, and keep moving forward.
<b>FITNESS FRIDAY Barrie</b>	<b>9:30-11:30 Allendale Recreation Centre 190 Bayview Dr. Barrie.</b> <b>Cost \$6.00</b> You can do aquafit, open swim or enjoy the warm pool. Bring your bathing and suit and towel. <b>Locks for lockers will be provided.</b>
<b>FITNESS FRIDAY ORILLIA</b>	<b>10:30-2:30 Orillia Recreation Centre 255 West Street South, Orillia</b> <b>Cost \$7.00</b> Join us for a warm water swim, and pole walking on the indoor track. There is fitness equipment and weights if you wish to use those too! Bring your bathing suit and towel, urban poles if you have some, otherwise they will be provided. Locks for lockers are available. Don't forget your lunch and water bottle.