November 2025 – Community Programs

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See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
3 **Huntsville Art Workshop** **10:30-12:00**	**4**	**5**	**6**	**7**	*November*
10	**11**	**12**	**13** **Barrie Kitchen Confidence** **1-4pm, by invitation only**	**14** **Virtual Energy Conservation & Pacing** **9:30**	**TO REGISTER:** **Call or email Kathy**
17	**18**	**19**	**20** **Barrie Escape Room "Project Remedy"** **1-4pm**	**21**	**ksulman@braininjuryservices.ca** **705-734-2178 ext. 223** See back of calendar for program details.
24 **Virtual Peer Support** **10:30-11:30**	**25**	**26**	**27** **Bowling @Bowlerama Barrie** **1PM – 4PM**	**28** **Virtual Energy conservation & Pacing** **9:30**	

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Group Descriptions:	
Art Workshop Huntsville **10:30 – 12:00**	**Huntsville Legion, 21 Veterans Way** We will meet upstairs at the legion. There is an elevator, if needed. Artist, Nancy Hunter will lead this creative workshop where you will be able to take art home with you from the event.
Energy Conservation & Pacing **November 14 and 28** **9:30am**	**Virtual on Zoom** Learn practical strategies to manage your energy, reduce fatigue and make daily activities more balanced and achievable. Topics: Understanding fatigue after brain injury, daily energy mapping, practical tools
Kitchen confidence **1:00-4:00pm**	**1-4pm 21 Essa Rd. Unit #1, Barrie** By invitation only. If you are interested in joining this skill-based cooking group in Barrie in the New Year, let me know and I'll add you to the list.
Barrie Escape Room **1:00-4:00pm**	**1-4pm 21 Essa Rd. Unit #1 Barrie** A mysterious scientist has vanished—leaving behind clues to a world-saving cure! Can you piece together the puzzles and discover the formula in time? Join us for a fun escape room experience and complete *Project Remedy* in this hands-on escape room adventure.
Bowling	**1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie** Join us for an afternoon of fun at Bowlerama! $15 includes bowling and shoe rental!
Virtual Peer Support **10:30-11:30**	**Zoom Group** Meet with your peers to share your community information and helpful tips on living with a brain injury.