

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 DROP IN Hitster Music Trivia 10:00 – 12:00 PM Gratitude Bingo 1:00 – 3:00	2
5 Art Workshop Huntsville 10:30 – 12:00 pm	6 Understanding Brain Injury Education Group 1:30 – 3:00 pm	7	8 DROP IN Cognitive Games 10:00 – 12:00 PM Guest Speaker: “Brain Health” 2:00 pm	9
12	13 Memory Skills and Goal Setting Education Group 1:30 – 3:00 pm	14	15 DROP IN Slingers Game 10:00 – 12:00 pm Armchair Travel: South Africa 1:00 – 3:00 pm	16
19	20	21 1000 Words Photography (8 Weeks) 1:00 – 2:00 pm	22 DROP IN Halloween Trivia 10:00 – 12:00 pm Pumpkin Painting 1:00 – 3:00 pm	23
26 Virtual Peer Support 10:30 – 11:30 am	27 Murder Mystery 1:30 – 3:00	28 1000 Words Photography (8 Weeks) 1:00 – 2:00 pm	29 DROP IN Baking Pumpkin Cookies 10:00 – 12:00 pm Costume Contest and Party 1:00 – 3:00 pm	30

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

Community Programs

October Program Details

UNDERSTANDING BRAIN INJURY / MEMORY SKILLS AND GOAL SETTING EDUCATION GROUPS

October 6 & 13 • 1:30–3:00 PM

 In person at 121 Wellington St. W., Unit 320 or virtual

Through group discussion, worksheets and interactive activities, learn about acquired brain injury and strategies to support you.

Guest Speaker: Brain Health

October 8 • 2PM

 In person at 121 Wellington St. W., Unit 115 or virtual

Join us as we learn about Brain Health from a guest speaker from the Alzheimer's Society in Barrie.

MURDER MYSTERY

October 27 1:30 – 3:00 PM

 In person at 121 Wellington St. W., Unit 320

Put your detective skills to the test! Join us for a fun and interactive afternoon of clues, suspects, and mystery as we work together to solve the case. Can you figure out **whodunit?**

1000 WORDS PHOTOGRAPHY GROUP

October 21 1:00 – 2:00 PM

 In person at 121 Wellington St. W., Unit 320

A picture can say a thousand words! This fun and interactive group is designed for **individuals with aphasia or communication disorders** and uses photography as a way to support communication, conversation, and connection. We'll take and share photos, explore different topics, and use pictures to help express ideas and tell stories.

No photography experience needed—just bring your creativity and your camera or phone. Extra cameras are available if needed.

Limited space available – contact Jenn Kidd if interested

VIRTUAL PEER SUPPORT

October 26 10:30–11:30 AM

 Zoom Group

Meet with your peers to share community information and helpful tips on living with a brain injury.

WHY JOIN? Connect with peers, share ideas and learn from others living with brain injury.

Art workshop

October 5 10:30 – 12:00 PM

 **Huntsville Legion, 21 Veterans Way**

We will meet upstairs at the Legion (elevator access available if needed).

Local artist Nancy Hunter will lead this hands-on creative workshop, where participants will create and take home their artwork.