

January 2018 Group Schedule

Brain Injury Society

ACTIVITIES LOCATIONS:

Bowling - Roll N Stones Fun Centre - 1035 Westminster Ave. W.

Relaxation Through Art & Reading Out Loud - #2 - 996 Main Street (SOSBIS Office)

Creative Art Group - Abbott Towers 90 Abbott Street

Yoga - Shioki Yoga, 695 Wade Avenue

Mon	Tue	Wed	Thu	Fri
1  The Brain Injury Society is having a Staff Holiday.	2 Office open regular hours 9:30 a.m. - 3:30 p.m.	3	4	5 Bowling 10:00 - 11:30
8	9	10 Relaxation Through Art 1:00-3:00 Creative Art & Knitting Group 1:30 - 3:00	11 Yoga 11:00 - 12:00 Reading Out Loud 1:30-3:00	12 Bowling 10:00 - 11:30
15	16	17 Relaxation Through Art 1:00-3:00 Creative Art & Knitting Group 1:30 - 3:00	18 Yoga 11:00 - 12:00 Reading Out Loud 1:30-3:00	19 Bowling 10:00 - 11:30
22	23	24 Relaxation Through Art 1:00-3:00 Creative Art & Knitting Group 1:30 - 3:00	25 Yoga 11:00 - 12:00 Reading Out Loud 1:30-3:00	26 Bowling 10:00 - 11:30
29	30	31 Relaxation Through Art 1:00-3:00 Creative Art & Knitting Group 1:30 - 3:00	 Brain Injury Society Education • Support • Housing	