

January 2019 Group Schedule

Brain Injury Society


ACTIVITIES LOCATIONS:

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

Heads Up (Stroke Program) - #2 - 996 Main Street (SOSBIS Office)

Creative Art & Open House - go Abbott Street (Abbott Towers)

Yoga - #102 - 100 Nanaimo Ave. E (Starlit Yoga)

Mon	Tue	Wed	Thu	Fri
 <p>Brain Injury Society Education • Support • Housing</p>	<p>1 STAFF HOLIDAY: OFFICE CLOSED TODAY</p> 			
7	<p>8 Heads Up (Stroke Program) 10:30 - 11:30</p>	<p>9 Creative Art Group (bring your project) 1:30 - 3:00</p>	<p>10 <i>Yoga 11:00 - 12:00</i></p>	<p>11 Bowling 10:00 - 11:30</p>
14	<p>15 Heads Up (Stroke Program) 10:30 - 11:30</p>	<p>16 Creative Art Group 1:30 - 3:00</p>	<p>17 <i>Yoga 11:00 - 12:00</i></p>	<p>18 Bowling 10:00 - 11:30</p>
21	<p>22 Heads Up (Stroke Program) 10:30 - 11:30</p>	<p>23 Creative Art Group 1:30 - 3:00</p>	<p>24 <i>Yoga 11:00 - 12:00</i></p>	<p>25 Bowling 10:00 - 11:30</p>
28	<p>29 Heads Up (Stroke Program) 10:30 - 11:30</p>	<p>30 Creative Art Group 1:30 - 3:00</p>	<p>31 <i>Yoga 11:00 - 12:00</i></p>	<p>Brain Injury Society office hours 9:30 a.m. - 3:30 p.m.</p>