

March 2019 Group Schedule

Brain Injury Society

ACTIVITIES LOCATIONS:


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

Heads Up, Adjustment Skills, Brain Injury 101 & Life Transitions - #2 - 996 Main Street (SOSBIS Office)

Creative Art & Fit 2 Live - 90 Abbott Street (Abbott Towers)

Reading Out Loud - 320 Brunswick St. (Common Ground Apartments)

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

Mon	Tue	Wed	Thu	Fri
	Brain Injury Society office hours 9:30 a.m. - 3:30 p.m.			1 Bowling 10:00 - 11:30
4 Adjustment Skills 1:30 - 3:00	5 Heads Up (Stroke Program) 10:30 - 11:30 Brain Injury 101 1:30 - 3:00	6 Fit 2 Live 10:30 - 11:30 Creative Art Group 1:30 - 3:00	7 Yoga 11:00 - 12:00 Reading Out Loud 1:30 - 3:00	8 Bowling 10:00 - 11:30
11 Adjustment Skills 1:30 - 3:00	12 Heads Up (Stroke Program) 10:30 - 11:30 Brain Injury 101 1:30 - 3:00	13 Fit 2 Live 10:30 - 11:30 Creative Art Group 1:30 - 3:00	14 Yoga 11:00 - 12:00 Reading Out Loud 1:30 - 3:00	15 Bowling 10:00 - 11:30
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