




# Let's Connect this August 2022

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*Please note: Coloured Zoom Links indicate different zoom log number*

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2 <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>  <b>Aphasia Cafe</b> 1:30-3:00 pm	3 <b>Let's Get Healthy</b> 10:00-11:30 pm (Brain and Body Function) <i>Gender Differences in Brain Structure</i> <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	4	5  <b>Peer Social</b> 10:00-11:30 am  <b>Soup's on</b> 11:30 am—12:30 pm	6
7	8	9 <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>  <b>Aphasia Cafe</b> 1:30-3:00 pm	10 <b>Let's Dine Out</b> <i>Salty's Fish and Chips</i>  <b>Call to RSVP</b> 12:-00-1:00 pm	11	12  <b>Peer Social</b> 10:00-11:30 am  <b>Soup's on</b> 11:30 am—12:30 pm	13
14	15 <b>Office Closed</b>	16 <b>Office Closed</b>	17 <b>Office Closed</b>	18 <b>Office Closed</b>	19 <b>Office Closed</b>	20
21 	22	23 <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>  <b>Aphasia Cafe</b> 1:30-3:00 pm	24 <b>Let's Get Healthy</b> 10:00-11:30 pm (Exercise) <i>Chair Yoga</i> <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	25 <b>Let's Talk About</b> <b>Caregiving</b> 1:00-2:00 pm <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	26  <b>Peer Social</b> 10:00-11:30 am <b>Soup's on</b> 11:30 am—12:30 pm <b>Let's Celebrate Birthdays and Successes</b>	27
28 <b>Frank's 3rd Annual Car Rally</b> 1-3 pm	29 <b>Sudoku with Chris</b> 1:00 –2:00 pm	30 <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>  <b>Aphasia Cafe</b> 1:30-3:00 pm	31 <b>Let's Get Healthy</b> 10:00-11:30 pm (Balanced Lifestyles) <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	<b>Overdose Awareness Day</b> <b>August 31 11:30-4:00 pm</b> <i>Charles Hoey Park, near the Train Station</i> <i>Come learn about the effects of overdose and brain injury</i>		