



# Let's Connect this October 2022

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Please note: Coloured Zoom Links indicate different zoom log number

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 	4 <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	5 <b>Let's Get Healthy</b> 10:00-11:30 am (Brain and Body Function) <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	6	7 <b>Peer Social</b> 10:00-11:30 am  <b>Soup's on</b> 11:30 am—12:30pm	8
9	10 <b>Thanksgiving Office Closed</b>	11 <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>Intro to Brain Injury</b> 10:00- 11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a>  <b>Aphasia Cafe</b> 1:30-3:00 pm	12 <b>Let's Get Healthy</b> 10:00-11:30 am (Nutrition) <i>Cooking at CBIS</i>  <b>Let's Dine Out</b> <i>The Rock Cod Cafe</i> 12-1 pm Call to RSVP	13 <b>Rebuilding</b> 10-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a>	14 <b>Peer Social</b> 10:00-11:30 am  <b>Soup's on</b> 11:30 am—12:30pm	15
16	17	18 <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>Intro to Brain Injury</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a>  <b>Aphasia Cafe</b> 1:30-3:00 pm	19 <b>Let's Get Healthy</b> 10:00-11:30 am (Mental Health) <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	20 <b>Rebuilding</b> 10-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a>  <b>Let's Talk About Caregiving</b> 1:00-2:00 pm	21 <b>Peer Social</b> 10:00-11:30 am  <b>Soup's on</b> 11:30 am—12:30pm	22
23 	24 <b>1st Brain Cancer Awareness Day in Canada</b>	25 <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>Intro to Brain Injury</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a>  <b>Aphasia Cafe</b> 1:30-3:00 pm	26 <b>Let's Get Healthy</b> 10:00-11:30 am (Exercise) <i>Chair Yoga at CBIS</i>	27 <b>Rebuilding</b> 10-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a>	28 <b>Peer Social</b> 10:00-11:30 am  <b>Soup's on</b> 11:30 am—12:30pm <b>5th Annual Flu Clinic</b> 12-3 pm Call to RSVP	29
30	31 <b>Happy Halloween</b>					