





Let's Connect this November 2022

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Please note: Coloured Zoom Links indicate different zoom log number

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
	Scan QR Code to get to our Website! 	1 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Aphasia Cafe 1:30-3:00 pm	2 Let's Get Healthy 10:00-11:30 am (Brain and Body Function) https://us02web.zoom.us/j/3329368295	3 Rebuilding 10-11:30 am https://us02web.zoom.us/j/3329368295 Intro to Brain Injury 10:00- 11:30 am	4 Peer Social 10:00-11:30 am Soup's on 11:30 am—12:30pm	5	
6	7	8 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Aphasia Cafe 1:30-3:00 pm	9 Let's Get Healthy 10:00-11:30 am (Nutrition) <i>Cooking at CBIS</i> Let's Dine Out <i>White Spot</i> 12-1 pm Call to RSVP	10 Rebuilding 10-11:30 am <i>At Community Centre</i> Intro to Brain Injury 10:00- 11:30 am	11 Remembrance Day Office Closed 	12	
13	<div style="border: 2px solid black; padding: 10px;"> <p><u>RSVP to Attend the AGM on November 25!</u></p> <p><i>We welcome everyone to join us during our 3rd Annual AGM</i></p> <p><i>Updated Memberships are required for voting</i></p> </div>		15 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Aphasia Cafe 1:30-3:00 pm	16 Let's Get Healthy 10:00-11:30 am (Mental Health) https://us02web.zoom.us/j/3329368295	17 Rebuilding 10-11:30 am https://us02web.zoom.us/j/3329368295 Intro to Brain Injury 10:00- 11:30 am Let's Talk About Caregiving 1:00-2:00 pm	18 Peer Social 10:00-11:30 am Soup's on 11:30 am—12:30pm Let's Watch Movies 12:30-2:30 pm	19
20			21 Office Closed for Staff Training	22 Office Closed for Staff Training	23 Let's Get Healthy 10:00-11:30 am (Exercise) <i>Cognitive Exercises at CBIS</i>	24 Rebuilding 10-11:30 am https://us02web.zoom.us/j/3329368295	25 Peer Social 10:00-11:30 am Soup's on 11:30 am—12:30pm Annual General Meeting 4—5pm RSVP for Zoom Link
27	28	29 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Aphasia Cafe 1:30-3:00 pm	30 Let's Get Healthy 10:00-11:30 am (Balanced Lifestyles) https://us02web.zoom.us/j/3329368295	<p><u>November is Fall Prevention Month!</u></p> <p><i>Make sure you are taking action to prevent falls in your home, and in the community!</i></p>			

