



# Let's Connect this May 2023

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*Please note: Colours indicate Colour Coded Zoom link on Website*

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 <b>Let's Learn Music by appointment</b>	2 <b>Let's Get Brain Fit</b> 10:00-11:30 am <u>on Zoom</u>  <b>Let's Learn Karate</b> 6-7pm @ CBIS (Sign Up Only)	3 <b>Healing Connections</b> 10:00-11:30 am <u>on Zoom</u> <i>Perseveration</i>  <b>Aphasia Cafe</b> 1:30-3:00 pm @ CBIS	4 <b>Men's Shed Meeting</b> 1:30-3 pm @ CBIS	5 <b>Peer Social</b> 10:00 - 11:30 am @ CBIS  <b>Lunch's On</b> 11:30- 12:30 pm @ CBIS	6 <b>Open Mic</b> 1:30-3pm @ CBIS
7 <b>Art @ CBIS</b> 1:30-3pm	8 <b>Bright Angel Park Social</b> 10:30-1:30pm  <b>Let's Learn Music by appointment</b>	9 <b>Let's Get Brain Fit</b> 10:00-11:30 am <u>on Zoom</u>  <b>Toolbox Session 1</b> 10-11:30 am @ CBIS  <b>Let's Learn Karate</b> 6-7pm @ CBIS (Sign Up Only)	10 <b>Healing Connections</b> 10:00-11:30 am <u>on Zoom</u> <i>Anger</i> <b>Let's Dine Out</b> 12-1 pm @ Heritage Indian Cuisine  <b>Aphasia Cafe</b> 1:30-3:00 pm @ CBIS	11 <b>Men's Shed Meeting</b> 1:30-3 pm @ CBIS	12 <b>Peer Social</b> 10:00 - 11:30 am @ CBIS  <b>Lunch's On</b> 11:30- 12:30 pm @ CBIS	13 <b>Golf Tournament 9-2pm @ Mount Brenton Golf Course</b>
14  <b>Art @ CBIS</b> 1:30-3pm  <i>Apraxia Awareness Day</i>	15 <b>Let's Learn Music by appointment</b>	16 <b>Let's Get Brain Fit</b> 10:00-11:30 am <u>on Zoom</u>  <b>Toolbox Session 2</b> 10-11:30 am @ CBIS	17 <b>*PWD Pay Day</b>  <b>Office Closed For Training</b>	18 <b>Office Closed For Training</b>	19 <b>Peer Social</b> 10:00 - 11:30 am @ CBIS  <b>Lunch's On</b> 11:30- 12:30 pm @ CBIS	20 <b>Open Mic</b> 1:30-3pm @ CBIS
21 <b>Art @ CBIS</b> 1:30-3pm	22 <b>Office Closed</b>  <i>Victoria Day</i>	23 <b>Let's Get Brain Fit</b> 10:00-11:30 am <u>on Zoom</u>  <b>Toolbox Session 3</b> 10-11:30 am @ CBIS	24 <b>Healing Connections</b> 10:00-11:30 am <u>on Zoom</u> <i>Organization</i>  <b>Aphasia Cafe</b> 1:30-3:00 pm @ CBIS	25 <b>Qi Gong</b> 10-11:30 @ CBIS  <b>Men's Shed Meeting</b> 1:30-3:00 pm @ CBIS	26 <b>Peer Social</b> 10:00 - 11:30 am @ CBIS <b>Lunch's On</b> 11:30- 12:30 pm @ CBIS <b>Let's Celebrate Birthdays and Successes</b>	27 <b>Open Mic</b> 1:30-3pm @ CBIS
28 <b>Art @ CBIS</b> 1:30-3pm	29 <b>*CPPD Pay Day</b>  <b>Peer Support for Veterans</b> 10-11:30am @ CBIS  <b>Let's Learn Music by appointment</b>	30 <b>Let's Get Brain Fit</b> 10:00-11:30 am <u>on Zoom</u>	31 <b>Healing Connections</b> 10:00-11:30 am <u>on Zoom</u> <i>Complications After ABI</i>  <b>Aphasia Cafe</b> 1:30-3:00 pm @ CBIS		Scan QR Code to get to our website!	