



# Let's Connect this December 2021

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Please note: Coloured Zoom Links indicate different zoom log number

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
	<u>Let's Talk Aphasia and Let's Move (neuorehab equipment) by appointment only.</u>	<i>"Nothing in nature blooms year-round, be patient with yourself."</i> - Unknown	1 <b>Let's Get Healthy</b> 10:00-11:30 pm (Function of the Body & Brain) <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	2 <b>Rebuilding</b> 10: 00-11:30 am <b>Let's Walk</b> 10:00-11:00 am <b>Soups on at 12:00</b> <b>Christmas Carols</b> 1:00-2:00 pm	3 <b>Men's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Women's Group</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a>	4 10:30-12:30 <b>Let's Do Art</b> \$20.00 	
5	6 <b>Intro/Toolbox</b> <b>Healthy Strategies after Brain Injury</b> Call to Register	7 <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>Let's Walk</b> 1:00-2:00 pm <b>Let's Get Seasonal</b> (Christmas Treats) 2:30—4: 00 pm	8 <b>Let's Get Healthy</b> 10:00-11:30 pm (Nutrition) GUEST SPEAKER: Andrea Larsen RNCP <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Dine Out: Cow Cafe</b> 11:30 –1:00 PM	9 <b>Rebuilding</b> 10: 00-11:30 am <b>Let's Walk</b> 10:00-11:00 am <b>Soups on at 12:00</b> <b>Christmas Carols</b> 1:00-2:00 pm	10 <b>Men's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Women's Group</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a>	11 10:30-12:30 <b>Let's Do Art</b> \$20.00	
12	13 <b>Intro/Toolbox</b> <b>Healthy Strategies after Brain Injury</b> Call to Register	14 <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>Let's Walk</b> 1:00-2:00 pm <b>Let's Talk about Caregiving</b> 1:00-2:30 pm <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a> <b>Let's Get Seasonal</b> (Christmas Treats) 2:30—4: 00 pm	15 <b>Let's Get Healthy</b> 10:00-11:30 pm (Physical & Cognitive Exercise) <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	16 <b>Rebuilding</b> 10: 00-11:30 am <b>Let's Walk</b> 10:00-11:00 am <b>Soups on at 12:00</b> <b>Christmas Carols</b> 1:00-2:00 pm	17 <b>Men's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Women's Group</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a>	18 10:30-12:30 <b>Let's Do Art</b> \$20.00	
19	20 <b>Intro/Toolbox</b> <b>Healthy Strategies after Brain Injury</b> Call to Register <b>Let's Talk to the Director</b> 1:00-2:00 pm <b>Drop In or Zoom</b>	21 <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>Let's Walk</b> 1:00-2:00 pm <b>Let's Get Seasonal</b> (Christmas Treats) 2:30—4: 00 pm	22 <b>Let's Get Healthy</b> 10:00-11:30 pm (Mental Health & Sleep) <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>12:00-3:00 pm</b> <b>Peer Christmas Party</b> (Please Register)	23 <b>Rebuilding</b> 10: 00-11:30 am <b>Closed at 12:00 pm</b> <b>For Christmas Holidays</b>	24 <b>CLOSED</b> <b>Merry Christmas</b> 		
26	27 	28	29	30	31	<b>CBIS CLOSED HAPPY HOLIDAYS!</b>	