



# Let's Connect this March 2021

PHONE: 250-597-4662

Join Zoom meetings <https://zoom.us/j/4115089393>

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2 <b>Women's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Get More Brain Fit</b> 1:00-2:30 pm	3 <b>Let's Get Healthy</b> 1:00-2:30 pm <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	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>Let's Talk Mental Health</b> 1:00-2:30 pm	5 <b>Men's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Watch Movies</b> 2:00 -4 :00 pm	6
7	8 <b>Intro to Brain Injury</b> Session #1 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	9 <b>Women's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Get More Brain Fit</b> 1:00-2:30 pm	10 <b>Let's Get Healthy</b> 1:00-2:30 pm <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	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>Let's Talk Mental Health</b> 1:00-2:30 pm	12 <b>Men's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Watch Movies</b> 2:00 -4 :00 pm	13
14 	15 <b>Intro to Brain Injury</b> Session #2 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	16 <b>Women's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Get More Brain Fit</b> 1:00-2:30 pm	17 <b>Let's Get Healthy</b> 1:00-2:30 pm <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>St. Patrick's Day</b> 	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>Let's Talk Mental Health</b> 1:00-2:30 pm	19 <b>Men's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Watch Movies</b> 2:00 -4 :00 pm	20
21	22 <b>Intro to Brain Injury</b> Session #3 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	23 <b>Women's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Get More Brain Fit</b> 1:00-2:30 pm	24 <b>Let's Get Healthy</b> 1:00-2:30 pm <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	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>Let's Talk Mental Health</b> 1:00-2:30 pm	26 <b>Men's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Watch Movies</b> 2:00 -4 :00 pm	27
28	29	30 <b>Women's Group</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Get More Brain Fit</b> 1:00-2:30 pm	31 <b>Let's Get Healthy</b> 1:00-2:30 pm <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Talk about Caregiving</b> 6:00-7:30pm			