





Let's Connect this September 2021

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Please note: Coloured Zoom Links indicate different zoom log number

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
★	<u><i>Let's Talk Aphasia and Let's Move (neurorehab equipment) By Appointment Only.</i></u>	"Believe you can and you're halfway there" ~Theodore Roosevelt	1 Let's Get Healthy 10:00-11:30 pm (Function of the Body & Brain) https://zoom.us/j/4115089393	2 Let's Walk 10:00-11:30 pm Soups on at 12:00 Drop-In 1-3:00 PM CBIS Drop In	3 Men's Group 10:00-11:30 am https://zoom.us/j/4115089393 Women's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295	4 10:30-12:30 Let's Do Art \$20.00
5	6  CBIS WILL BE CLOSED TODAY	7 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393	8 Let's Get Healthy 10:00-11:30 pm (Nutrition) https://zoom.us/j/4115089393 11:30 –1:00 PM Let's Dine out at Romeo's (180 Trans Hwy)	9 Let's Walk 10:00-11:30 pm Soups on at 12:00 Drop-In 1-3:00 PM CBIS Drop In	10 Men's Group 10:00-11:30 am https://zoom.us/j/4115089393 Women's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295	11 10:30-12:30 Let's Do Art \$20.00
12	13 Intro to Brain Injury Session #1 10:00-11:30 am https://us02web.zoom.us/j/83093239943	14 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Let's Talk about Caregiving 1:00-2:30 pm https://us02web.zoom.us/j/9516088047	15 Let's Get Healthy 10:00-11:30 pm (Physical & Cognitive) https://zoom.us/j/4115089393 1:00 -3:00 PM Movie and Popcorn "The Vow"	16 Let's Walk 10:00-11:30 pm Soups on at 12:00 Drop-In 1-3:00 PM CBIS Drop In	17 Men's Group 10:00-11:30 am https://zoom.us/j/4115089393 Women's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295	18 10:30-12:30 Let's Do Art \$20.00 
19	20 Intro to Brain Injury Session #2 10:00-11:30 am https://us02web.zoom.us/j/83093239943	21 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393	22 Let's Get Healthy 10:00-11:30 pm (Mental Health & Sleep) https://zoom.us/j/4115089393 1:30 –3:00 PM Out and About in "Bright Angel Park"	23 Let's Walk 10:00-11:30 pm Soups on at 12:00 Drop-In 1-3:00 PM CBIS Drop In	24 No Programming due to Staff Professional Development	25 10:30-12:30 Let's Do Art \$20.00
26	27 Intro to Brain Injury Session #3 https://us02web.zoom.us/j/83093239943 Let's talk to the Director 1:00-2:00Pm https://zoom.us/j/4115089393	28 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393	29 Let's Get Healthy 10:00-11:30 pm (Creating a Balanced Lifestyle) https://zoom.us/j/4115089393	30 Let's Walk 10:00-11:30 pm Soups on at 12:00 Drop-In 1-3:00 PM CBIS Drop In	Registration for Rebuilding Life after Brain injury is open. Class begins October 7th. 10:00 - 11:30 am	Let's Celebrate Birthday's and Successes last Thursday of the month during drop in.