

JANUARY 2025

HAPPY NEW YEAR!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>**Red – programs are at Hillcrest House</p> <p>**Blue – programs are at Linda's Place</p> | | <p>1</p> <p>CLOSED</p> <p>NEW YEAR'S DAY</p> | <p>2</p> <p>CLOSED</p> | <p>3</p> <p>CLOSED</p> |
| 6 | 7 | 8 | 9 | 10 |
| <p>10-11 Mat Yoga</p> <p>11-1230 Caregiver Kitchen-Apple sauce muffins, bring muffin tin</p> <p>1130-1230 What's Next</p> | <p>10-12 Peer Support (by appt)</p> <p>1030-1130 Singing</p> <p>12-1 Zumba</p> <p>12-2 One-on-One</p> | <p>10-12 Peer Support (by appt)</p> <p>1030-12 Cooking</p> <p>1230-130 Spin</p> <p>1-2 One-on-One</p> | <p>10-12 Peer Support (by appt)</p> <p>10-12 One-on-One</p> <p>1030-12 Art</p> <p>12-1 Making Headway-Ladies Group</p> | <p>11-12 Full Body Fitness</p> <p>12-2 One-on-One</p> <p>1230-115 Nidra</p> |
| 13 | 14 | 15 | 16 | 17 |
| <p>11-1230 Caregiver Kitchen-Cabbage roll soup, bring large soup pot</p> | <p>10-12 Peer Support (by appt)</p> <p>1030-1130 Singing</p> <p>12-1 Zumba</p> <p>12-2 One-on-One</p> | <p>10-12 Peer Support (by appt)</p> <p>1030-12 Cooking</p> <p>1230-130 Spin</p> <p>1-2 One-on-One</p> | <p>10-12 Peer Support (by appt)</p> <p>10-12 One-on-One</p> <p>1030-12 Art</p> | <p>11-12 Full Body Fitness</p> <p>12-2 One-on-One</p> <p>1230-115 Nidra</p> |
| 20 | 21 | 22 | 23 | 24 |
| <p>10-11 Mat Yoga</p> <p>11-1230-Caregiver Kitchen-Chicken pot pie pasta, bring large soup pot</p> <p>1130-1230 What's Next</p> | <p>10-12 Peer Support (by appt)</p> <p>1030-1130 Singing</p> <p>12-1 Zumba</p> <p>12-2 One-on-One</p> | <p>10-12 Peer Support (by appt)</p> <p>1030-12 Cooking</p> <p>1230-130 Spin</p> <p>1-2 One-on-One</p> | <p>10-12 Peer Support (by appt)</p> <p>10-12 One-on-One</p> <p>1030-12 Art</p> <p>12-1 Making Headway-Ladies Group</p> | <p>11-12 Full Body Fitness</p> <p>12-2 One-on-One</p> <p>1230-115 Nidra</p> |
| 27 | 28 | 29 | 30 | 31 |
| <p>10-11 Mat Yoga</p> <p>11-1230 Caregiver Kitchen-Sheet pan salmon dinner, bring baking sheet</p> | <p>1030-1130 Singing</p> <p>1030-Bus trip to Legion (meet at Hillcrest) \$2 Members, \$5 Guests (Weather permitting)</p> <p>12-1 Zumba</p> | <p>10-12 Peer Support (by appt)</p> <p>1030-12 Cooking</p> <p>1230-130 Spin</p> <p>1-2 One-on-One</p> | <p>10-12 Peer Support (by appt)</p> <p>10-12 One-on-One</p> <p>1030-12 Art</p> | <p>11-12 Full Body Fitness</p> <p>12-2 One-on-One</p> <p>1230-115 Nidra</p> |

1. Rides are available and must be booked the day before TO CRHISS at 10:00am and HOME at 2:00pm.
2. Please book a cooking class, no later than the Friday before class, and please bring your own containers to take food home.
3. * BUS TRIPS: NO PICKUP ONLY DROP OFF AVAILABLE*-Meet at Hillcrest House 591-9th Ave. **Please register** at 250-287-4323 or info@crhead.ca, as space is limited.

ACTIVITIES:

MAKING HEADWAY: **Ladies group** - coffee, snacks, come chat with other ladies. Sometimes crafts and outings!

WHAT'S NEXT: An advanced session where survivors can meet and receive emotional, social, and informational support between people who share similar experiences after Brain Injury.

MAT YOGA: Yoga is a therapeutic activity that engages both the mind and body, making it ideal for individuals after a Traumatic Brain Injury.

ART: Work on your cognitive abilities, redevelop fine motor skills while doing a calm activity and strengthen your overall well-being.

YOGA NIDRA: What a great way to practice deep relaxation that benefits your body and mind. Meditation Yoga.

CAREGIVER'S KITCHEN: Caregivers can socialize, improve mental health and well-being while making healthy snacks/meals.

COOKING:

- January 8: Apple sauce muffins, bring muffin tin
January 15: Cabbage roll soup, bring large soup pot
January 22: Chicken pot pie pasta, bring large soup pot
January 29: Sheet pan Salmon dinner, bring baking sheet