


NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 11-12 Full Body Fitness 12-2 One-on-One
4 1030-12 Caregiver's Kitchen- Homemade Soft Pretzels, bring baking sheet 1130-1230 What's Next	5 10-12 Peer Support (by appt) 1030-1130 Singing 12-1 Zumba 12-2 One-on-One	6 10-12 Peer Support (by appt) 1030-12 Cooking 1230-130 Spin 1-2 One-on-One	7 10-12 Peer Support (by appt) 10-12 One-on-One 1030-12 Art 12-1 Making Headway-Women's Group	8 11-12 Full Body Fitness 12-2 One-on-One 1230-115 Nidra
11 CLOSED FOR  REMEMBRANCE DAY	12 10-12 Peer Support (by appt) 1030-1130 Singing 12-1 Zumba 12-2 One-on-One	13 10-12 Peer Support (by appt) 1030-12 Cooking 1230-130 Spin	14 10-12 Peer Support (by appt) 10-12 One-on-One 1030-12 Art	15 11-12 Full Body Fitness 12-2 One-on-One 1230-115 Nidra
18 10-11 Mat Yoga 11-1230 Caregiver's Kitchen- Chocolate Fudge, bring 8x8 pan 1130-1230 What's Next	19 10-12 Peer Support (by appt) 1030-1130 Singing 12-1 Zumba 12-2 One-on-One	20 10-12 Peer Support (by appt) 1030-12 Cooking 1230-130 spin 1-2 One-on-One	21 10-12 Peer Support (by appt) 10-12 One-on-One 1030-12 Art 12-1 Making Headway-Women's Group	22 11-12 Full Body Fitness 12-2 One-on-One 1230-115 Nidra
25 10-11 Mat Yoga 11-1230 Caregiver's Kitchen- Sweet & Sour Chicken, bring large skillet	26 10-12 Peer Support (by appt) 1030-1130 Singing 12-1 Zumba 12-2 One-on-One	27 10-12 Peer Support (by appt) 1030-12 Cooking 1230-130 Spin 1-2 One-on-One	28 10-12 Peer Support (by appt) 10-12 One-on-One 1030-12 Art	29 11-12 Full Body Fitness 12-2 One-on-One 1230-115 Nidra

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, brain training games, come prepared to give your brain a bit of a workout!

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.

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

COOKING:

November 6: Spaghetti sauce, bring large skillet

November 13: Cranberry orange scones, bring baking sheet

November 20: Mulligatawny soup, bring soup pot

November 27: Enchiladas, chicken and black bean, bring casserole dish 9x9