

SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CLOSED	3 10-12 Peer Support (by appt) 1030-1130 Singing 12-1 Zumba 12-2 One-on-One	4 10-12 Peer Support (by appt) 1030-12 Cooking 1230-130 Spin 1-2 One-on-One	5 10-12 Peer Support (by appt) 10-12 One-on-One 1030-12 Art 12-130 Cooking	6 11-12 Full Body Fitness 12-2 One-on-One 1230-115 Nidra	7
8	9 10-11 Mat Yoga 11-1230 CAREGIVERS KITCHEN – mini pizzas 1130-1230 What's Next	10 10-12 Peer Support (by appt) 1030-1130 Singing 12-1 Zumba 12-2 One-on-One	11 10-12 Peer Support (by appt) 1030-12 Making Headway 1030-12 Cooking 1230-130 Spin 1-2 One-on-One	12 10-12 Peer Support (by appt) 10-12 One-on-One 1030-12 Art 12-130 Cooking	13 11-12 Full Body Fitness 1230-115 Nidra	14
15	16 11-1 Movie & Brunch – The Peanut Butter Falcon	17 10-12 Peer Support (by appt) 1030-1130 Singing 12-1 Craft 12-2 One-on-One	18 10-12 Peer Support (by appt) 1030-12 Cooking 1230-130 Homemade Buns	19 10-12 Peer Support (by appt) 10-12 One-on-One 1030-12 Art 12-130 Cooking	20 11-12 Banana Bread Muffins 12-2 One-on-One 1230-115 Nidra	21
22	23 10-11 Mat Yoga 11-1230 CAREGIVERS KITCHEN – Apple sauce, canned 1130-1230 What's Next	24 10-12 Peer Support (by appt) 1030-1130 Singing 12-1 Craft 12-2 One-on-One	25 10-12 Peer Support (by appt) 1030-12 Making Headway 1030-12 Cooking 1230-130 Garden Tidy 1-2 One-on-One	26 10-12 Peer Support (by appt) 10-12 One-on-One 1030-12 Art 12-130 Cooking	27 11-12 Six Bean Veggie Soup 12-2 One-on-One 1230-115 Nidra	28
29	30 CLOSED					

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:

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| September 4 & 5: | Spaghetti carbonara, bring pot |
| September 11 & 12: | Apple Cinnamon scones, bring baking sheet |
| September 18 & 19: | Hamburger Soup, bring pot |
| September 25 & 26: | Pork Schnitzel and potatoes, bring frying pan |