


JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p>  <p>CLOSED</p>	<p>2</p> <p>10-12 Peer Support (by appt) 1030-1130 Singing 12-1 Field trip to see wood carvings 12-2 One-on-One</p>	<p>3</p> <p>1030-12 Making Headway Ladies Group 1030-12 Cooking 1230-130 Mindfulness 1-2 One-on-One</p>	<p>4</p> <p>10-12 Peer Support (by appt) 10-12 One-on-One 1030-12 Art 12-130 Cooking 1230-130 Tai Chi</p>	<p>5</p> <p>11-12 Full Body Fitness 1230-115 Nidra</p>	<p>6</p>
7	<p>8</p> <p>10-11 Mat Yoga (Hillcrest) 11-1230 Upside down peach cups 1130-1230 What's Next 1230-130 Tech Help</p>	<p>9</p> <p>10-12 Peer Support (by appt) 1030-1130 Singing 12-130 Music & picnic at Spirit Square 1-2 One-on-One</p>	<p>10</p> <p>1030-12 Making Headway Walking Group (weather permitting) 1030-12 Cooking 1230-130 Mindfulness 1-2 One-on-One</p>	<p>11</p> <p>10-12 Peer Support (by appt) 10-12 One-on-One 1030-12 Art 12-130 Cooking 1230-130 Tai Chi</p>	<p>12</p> <p>11-12 Full Body Fitness 12-2 One-on-One 1230-115 Nidra</p>	<p>13</p>
14	<p>15</p> <p>10-11 Mat Yoga (Hillcrest) 11-12 Homemade granola</p>	<p>16</p> <p>10-12 Peer Support (by appt) 1030-1130 Singing 12-2 Ice cream & walk at Pier (weather permitting)</p>	<p>17</p> <p>10-12 Peer Support (by appt) 1030-12 Making Headway Ladies Group 1030-12 Cooking 1230-130 Mindfulness 1-2 One-on-One</p>	<p>18</p> <p>10-12 Peer Support (by appt) 10-12 One-on-One 1030-12 Art 12-130 Cooking 1230-130 Tai Chi</p>	<p>19</p> <p>11-12 Full Body Fitness 1230-115 Nidra</p>	<p>20</p>
21	<p>22</p> <p>10-11 Mat Yoga (Hillcrest) 11-12 Chocolate zucchini muffins 1130-1230 What's Next 1230-130 Tech Help</p>	<p>23</p> <p>1030-1130 Singing 12-130 Music & picnic at Spirit Square</p>	<p>24</p> <p>1030-12 Cooking 1230-130 Mindfulness</p>	<p>25</p> <p>1030-12 Art 12-130 Cooking 1230-130 Tai Chi</p>	<p>26</p> <p>11-12 Full Body Fitness 1230-115 Nidra</p> <p>**NO RIDES**</p>	<p>27</p>
28	<p>29</p> <p>10-11 Mat Yoga (Hillcrest) 11-12 Pickled onions 12-1 Tech Help</p>	<p>30</p> <p>10-12 Peer Support (by appt) 1030-1130 Singing 12-2 Mini Golf – bring \$10</p>	<p>31</p> <p>10-12 Peer Support (by appt) 1030-12 Making Headway Ladies Group 1030-12 Cooking 1230-130 Mindfulness 1-2 One-on-One</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 transport food home.
3. * **BUS TRIPS: NO PICKUP ONLY DROP OFF AVAILABLE***-Meet at Hillcrest House. 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!

Walking group – Weather-permitting

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.

TAI CHI: Join Helen for stress management in this series of gentle posture flows and stretches.

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

COOKING:

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| July 3 and 4: | Stuffed peppers, bring casserole dish |
| July 10 and 11: | Frittata, bring casserole dish |
| July 17 and 18: | Homemade burgers, bring frying pan |
| July 24 and 25: | Salmon buddha bowls, bring container |
| July 31: | Tortellini primavera, bring pot |