

Powell River Brain Injury Society

REGULAR EVENTS

All events are at the centre at 101-7020 Duncan St, Powell River, unless otherwise specified. Centre is closed on public holidays.

Daily...

Monday to Friday, 10 am - 3.30 pm: Drop In

Drop in for a chat: with staff, or other people with brain injury. Enjoy a coffee or tea, have a game of crib or pool, use one of our computers, do some crafts or art, use the fitness equipment, read a book or borrow one, watch a movie, or just hang out ... whatever you feel like doing is ok.

Weekly...

Mondays, 12.30 - 1.30 pm: Fitness Class *(now at the centre on Duncan)*

Physical fitness benefits many aspects of daily life, including brain function and emotional health. We offer personal guidance and encouragement to help you increase fitness levels. Includes stretching, controlled moving, mild weights, and resistance exercises. We have a variety of equipment to fit your needs.

Free for clients of Powell River Brain Injury Society and their helpers and family members.

Tuesdays, 11 am - 2 pm: Writing Group

A staff member guides us in different types of written expression.

Wednesdays, 11 am - 3 pm: Art Day

With regular guided projects and occasional free form

Paint, draw, create, embellish; let your inner artist out - they're in there somewhere.

No artistic ability? Come have a go at it anyway; you will be pleasantly surprised.

Sometimes we have guest artists to help us learn new techniques and build on what we can do already. All materials provided.

Fridays, 10:30 am – 1 pm: Group Lunch

Help prepare a meal (and eat it!)

Fridays, 10 am - 3.30 pm: Games Time

Come in and have some laughs with a game!

Some of our favorites: - Apples to Apples – Rummoli – Bingo – Cribbage...

suggestions for new games are welcome and encouraged.

Monthly...

Last Friday of the month, 1-2 pm: Show and Share

Bring an interesting thing of yours to share with the group, or just show up to see and listen to what others have to share.