

# POWELL RIVER BRAIN INJURY SOCIETY - REGULAR EVENTS

## **Drop In: Mondays, Wednesdays & Thursdays, 10 am - 3.30 pm**

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, work on your project, read a book or borrow one, watch a movie, or just hang out ... whatever you want to do is ok.

## **Movie Monday: Mondays, noon,**

Come join the group for a movie. Suggestions welcome!

## **Writing Group: Tuesdays,**

**11 am - 12 pm**

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

## **Fitness: Tuesdays & Fridays,**

**12.00 - 4.00 at the Rec Centre**

Physical fitness benefits many aspects of daily life, including brain function and emotional health.

Led by Debbie Dee, with Jimmy helping on Fridays, we have use of a private room for exercise, as well as the swimming and fitness facilities (shared with the public). For people with mobility issues, there will be assistants for the first hour of exercise, and we can arrange assistants for swimming also.

Each session, the schedule of activities may change to suit the participants; we will have ongoing discussion to ensure everyone's needs are met.

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

## **Art Day: Wednesdays, 10 am - 3.30 pm**

With regular guided projects and occasional free form. Paint, draw, create, embellish; let your inner artist out – they are in there somewhere.

(Art Day continued...) 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.

## **Group Lunch then Games: Thursdays, 11 am - 3:30 pm**

Help prepare a meal (and eat it!)

Group games follow lunch .... we have a huge variety of board, card, and tile games.

Our latest favourites are Quirkle, Trionomoes and Carcassonne – we've all learned how to play these lesser known games and have been having lots of laughs. Suggestions for new games are welcome and encouraged.

Come join the fun!!

## **Peer Support: Fridays,**

**10 am - 12:00 pm**

Peer support contributes to learning new coping skills as well as acceptance and adaption to a new way of living in Life After Brain Injury.

Led by Jimmy, who is also available to help with projects.

## **Show and Share: Last Friday of the month, 11 am**

Bring your interesting things to share with the group, or just show up to see and listen to what others have to share.

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

Monday	10 – 3:30	Drop In
Tuesday	11 – noon	Writers Group
Tuesday	12 – 4 pm	Fitness @ Rec Centre
Wednesday	10 – 3:30	Art Day, Drop In
Thursday	10 – 3:30	Drop In
Thursday	11 – 3:30	Group Lunch; Games
Friday	10 – noon	Peer Support
Friday	12 – 4 pm	Fitness @ Rec Centre
last Friday/mth	11 am	Show & Share

[www.braininjurysociety.ca](http://www.braininjurysociety.ca)

604-485-6065