





CBIS Combined Calendar July 2024

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ZOOM ROOM: <https://us02web.zoom.us/j/332936829>

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
 Scan QR Code to access our web-site	1 HAPPY CANADA DAY CLOSED 	2 (LC) Let's Get Balanced 9:30-11:00 am Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u>	3 (TH) Aphasia Café 1-2:30 (LC) Healing Connections 10:00-11:30 am—Thinking Styles (TH) Caregiver's Café 1-2:30 (LC) Needlework with Tracey 1:00-3:00 pm	4 DRUMMING CANCELLED Mens Shed CANCELLED	5 (LC) Peer Social 10:00-11:30 PM	6
7	8	9 (LC) Let's Get Balanced 9:30-11:00 am Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u>	10 Let's Dine Out 11:30 am @ Mr. Mikes (LC) Healing Connections 10:00-11:30 am - Stress (TH) Aphasia Café 1-2:30 (LC) Mystery Activity with Tracey 1:00-3:00 pm	11 (TH) Men's Shed 10:30-Noon (TH) Drum and Sing 1:30- 2:30 pm	12 (LC) Peer Social 10:00-11:30 PM	
14	15	16 (Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u>	17 *PWD Pay Day (LC) Healing Connections 10:00-11:30 am—Anxiety (TH) Aphasia Café 1-2:30 (LC) Craft with Tracey 1:00-3:00 pm	18 (TH) Men's Shed 10:30-Noon (TH) Drum and Sing 1:30-2:30 pm	19 (LC) Peer Social 10:00-11:30 PM	20
21	22	23 Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u>	24 (LC) Healing Connections 10:00-11:30 am—Depression (TH) Aphasia Café 1-2:30 (LC) Needlework with Tracey 1:00-3:00 pm	25 (TH) Men's Shed 10:30-Noon (TH) Drum and Sing 1:30-2:30 pm	26 (TH) 10-Noon Peer Social & Toonie Lunch Noon—1 pm Let's Talk with Executive Director	27
28	29 *CPPD Pay Day	30 Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u>	31 (LC) Healing Connections 10:00-11:30 am Balanced Lifestyle (TH) Aphasia Café 1-2:30 (LC) Art with Gladys 1:00-3:00 pm			