

The Prince George Brain Injured Group

OCTOBER 2017 Newsletter 250564-2447



Upcoming Events/Classes/Groups at PGBIG

THANKSGIVING POTLUCK

When: **Thursday Oct.5th**

Time: **12noon**

Please bring to share a dessert or side dish

Please sign up



Why did the Cranberries turn *red*?
-Because they saw the Turkey dressing!!



When: Tuesday Oct. 31st

Time: 1pm-3:00m

Where: PGBIG

Please remember to bring something to share with everyone

Reminders:

OFFICE CLOSED

**Monday October 8th
for Thanksgiving**

Ongoing Groups & Classes:

Men's Group: Oct 30th:

Mondays 11:00am-12:30pm

Ladies Group: Oct.16th

11:00am-12:30pm

Relationship Group:

Oct. 2nd

6:30pm-8:00pm

Cribbage:

Mondays 12:30-2:30

Karate:

Tuesdays 9:30-10:30am

Rebuilding:

Tuesdays 11:00-

12:30pm

Connect Learn Grow:

Wednesdays 12:30-

2:00pm

Open Social:

Thursdays – 1:00-

2:30am

Yoga:

Fridays: 10:00am-

11:00am

Rebuilding – New Module Physical Effects

Starts Tuesday, October 31st – 11:00am-12:30pm

Runs for 7 weeks

Learn in a supportive small group setting about strategies for overcoming the physical effects of brain injury.

Please register and talk to your case manager as there is limited number of spots. **NEW MEMBERS ARE ALSO WELCOME**

“Anger Management”

Anger management follow up after spring class will be held on October 12th @ 10:00am to 11:30 a.m.

Anger Management New class Starts October 19th for 14 weeks

Time: 10:00am to 11:30 a.m.

Please sign up with Sarah or see your case manager at the office



Prince George Power Mobility Society (Scooter club)

Meets Oct. 20th, 3:00pm-4:30pm Where: PGBIG ROOM