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**Hamilton Brain  
Injury Association**  
**822 Main St E**  
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SUN	<u>MONDAY</u> Clubhouse Open 9am – 3pm	<u>TUESDAY</u> Clubhouse Open 9am – 3pm	<u>WEDNESDAY</u> Clubhouse Open 12pm – 6pm	<u>THURSDAY</u> Clubhouse Open 9am – 1pm	<u>FRIDAY</u> Clubhouse Closed	SAT
30	1 9am – 3pm  <b>Support Group</b> <b>1030 - 12</b>	2 9am – 3pm  <b>Glee Club</b> <b>1030 – 12</b>	3 12pm – 6pm  <b>Support Group</b> <b>4 – 530</b>	4 Closed  <b>Mandarin Outing</b> <b>Please RSVP</b>  <b>Clubhouse Closed</b>	5 Closed	6
7	8 9am – 3pm  <b>Support Group</b> <b>1030 – 12</b> <b>*Welcome BIS*</b>	9 9am – 3pm  <b>Glee Club</b> <b>1030 – 12</b>	10 12pm – 6pm  <b>Support Group</b> <b>4 – 530</b>	11 9am - 1pm  <b>Support Group</b> <b>1030 – 12</b>  <b>Spouse Support Group</b> <b>7 – 9pm (Fortinos Mall Rd)</b>	12 Closed	13
14	15 9am – 3pm  <b>Breakfast Club</b> <b>9 - 1030</b> <b>Support Group</b> <b>1030 - 12</b>	16 9am – 3pm  <b>Glee Club</b> <b>1030 – 12</b>	17 12pm – 6pm  <b>Support Group</b> <b>4 – 530</b>	18 9am – 1pm  <b>Support Group</b> <b>1030 - 12</b> <b>LAUGHING YOGA</b> <b>12 – 130pm</b>  <b>Family Resource</b> <b>Group 7 – 9pm</b> <b>(must register for this session)</b>	19 Closed	20
21	22 Closed  <b>Victoria Day</b> <b>Clubhouse Closed</b>	23 9am – 3pm  <b>Glee Club</b> <b>1030 - 12</b>	24 12pm – 6pm  <b>Clubhouse Planning</b> <b>1130 - 130</b> <b>Support Group</b> <b>4 – 530</b>	25 9am - 1pm  <b>Support Group</b> <b>1030 – 12</b>	26 Closed	27
28	29 9am – 3pm  <b>Support Group</b> <b>1030 - 12</b> <b>Movie Club</b> <b>1 - 230</b>	30 9am – 3pm  <b>Glee Club</b> <b>1030 - 12</b>  <b>Family Resource</b> <b>Group 7 – 9pm</b> <b>(must register for this session)</b>	31 12pm – 6pm  <b>Support Group</b> <b>4 – 530</b>	1 9am - 1pm  <b>Support Group</b> <b>1030 – 12</b>	2 Closed	3

\*\*\*Please note that times and dates of all programs are subject to change. Please check our online calendar for updates or contact us for information\*\*\*