



AUGUST 2019

**Hamilton Brain
Injury Association**
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www.hbia.ca

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 Labour Day Clubhouse Closed No Group/Programs	4 Strategies 9 - 1030 Glee Club 1030 - 12	5 HBIA Meetings 8-11 Art Club 1230 - 2 Support Group 4 - 530	6 Walking Club 9-10 Support Group 1030 - 12 Gentlemen's Club 1230 - 2	7 Glee Club 1030 - 12	8
9	10 Support Group 1030 - 12	11 Strategies 9 - 1030 Glee Club 1030 - 12 Family Resource Group 7 - 9pm	12 HBIA Meetings 8-11 Hen's Club 11 - 1230 Art Club 1230 - 2 Support Group 4 - 530	13 Walking Club 9-10 Support Group 1030 - 12 Garden Club 12 - 2 Spouse Support Group 7 - 9pm (Bay Garden Location)	14 Glee Club 1030 - 12	15
16	17 Support Group 1030 - 12 BIS - Women2Women 1-230	18 Strategies 9 - 1030 Glee Club 1030 - 12	19 HBIA Meetings 8-11 Art Club 1230 - 2 Support Group 4 - 530	20 Walking Club 9-10 Support Group 1030 - 12 Gentlemen's Club 1230 - 2	21 Glee Club 1030 - 12	22
23	24 Support Group 1030 - 12	25 Strategies 9 - 1030 Glee Club 1030 - 12	26 HBIA Meetings 8-11 Hen's Club 11 - 1230 Art Club 1230 - 2 (welcome BIS !!) Support Group 4 - 530	27 Walking Club 9-10 Support Group 1030 - 12 Garden Club 12 - 2	28 Glee Club 1030 - 12	29
30	31 Support Group 1030 - 12 BIS - Women2Women 1-230	1 Strategies 9 - 1030 Glee Club 1030 - 12	2 HBIA Meetings 8-11 Art Club 1230 - 2 Support Group 4 - 530	3 Walking Club 9-10 Support Group 1030 - 12 Gentlemen's Club 1230 - 2	4 Glee Club 1030 - 12	5

***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***