



Happy Holidays!

We had a great time!

On Saturday November 7, the first Muskoka BIS Family Day was held at the Independent Grocer. A pizza and pasta luncheon was featured along with good conversation and fellowship.

Artist Nancy Hunter joined us after lunch to lead us in the creation of an Aurora Borealis (northern lights) water colour painting. We have some truly talented artists in our BIS family!

We're Changing...

Starting in January 2010, our Tuesday afternoon group in Bracebridge will move to meeting twice monthly.

As of January 2010, the Huntsville group will no longer be meeting the third Thursday of each month. Please contact Cynthia for more information

We're starting new groups in southern Muskoka this year, so stay tuned for more information.

Contact BIS Muskoka staff at 705.645.8882 for more information

Family Winter Fun

Annual Dorset Snowball February 19 & 20, 2010

Events include family skating, pancake breakfast, entertainment and demonstrations. Check out www.dorsetsnowball.com for details.

Also, keep an eye open for details on the Dwight and Port Sydney Winter Carnivals. They're sure to be great fun for everyone!

Our greatest glory is not in never falling but in rising every time we fall.

Confucius

Everyone needs a little support now and again...

If you are feeling that you could use a bit of support, there are many resources available to you. Feel free to make contact with these groups, they're available to you at no charge.

Community Mental Health hosts drop in sessions throughout the area, including Bracebridge, Gravenhurst and Huntsville. Feel free to give them a call at 1.800.245.5036 for details on the various support groups and activities available.

Caregiver Support Meetings are held throughout Muskoka monthly.

Stroke Recovery Support Group is held in Bracebridge monthly.

For more details, contact Karen Boyer, Coordinator of Support Programs, The Friends 705.646.7677 or 800.777.2205

Ontario March of Dimes Support Group meets monthly in Bracebridge.

For more details, contact Sorina Henry, Rehabilitation Worker at 800.567.0315 ext. 6225.

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

Helen Keller



Family & Friends Group

Time out for caregivers, family and friends of ABI survivors. Please join us for an evening of friendship and support!

Wednesday February 10, 2009

7-8:30 pm

St. Thomas Anglican Church

Mary Street

Bracebridge

Please give us a call and let us know you'll be coming at 705.645.8882 ext.24.

We look forward to meeting you!



Calling all Artists!!

Mark Friday January 22, 2010 on your calendar and join us for our new art group!! Artist Nancy Hunter will be joining us for an afternoon of creative painting, good friendship and afternoon tea. Please let us know you're coming by calling 705.645.8882 ext.24.

St. Thomas Anglican Church

Mary Street

Bracebridge

Andrew Forrester Room 1-3 pm.

Unscramble the words below:

1. vheosl_____

2. klfea_____

3. tirdf_____

4. wopl_____

5. zeeerf_____

6. twha_____

7. fsacr_____

8. legsv0_____

9. wons brwole_____

10. sedl_____

11. qslasu_____

12. ylufrr_____

13. isclcei_____

14. arcit_____

15. eetls_____

16. itnppotiercia_____

We wish you a healthy and happy holiday season!!

*BIS offices will be closed at noon December 24, 2009,
and will reopen on Monday January 3, 2010!*

