





# October 2021

Events in **Red** are In-person    **Zoom Rules:** 1. Respect Each Other    2. Raise your hand if you want to speak    3. No Shouting or over talk  
 Events in **Bold** are new    4. Watch Your Language!    5. Use the chat if you might forget or need to remind someone of a rule.

SUN	MON	TUES	WED	THURS	FRI	SAT
					<b>1</b> 10: Morning Meeting 11: Workout w. M.A. 12: <b>1: Poolside Chat</b> 2: Social Hour	<b>2</b>
<b>3</b>	<b>4</b> 10: Morning Meeting 11: Workout w. M.A. 12: 1: Brain Training w/ Nueva Vida 2: Newsletter & Schedule	<b>5</b> 10: Morning Meeting <b>11: PPL</b> 12:30: BIND Store / Merchandise 1:30: Creative Writing 230: Book Club	<b>6</b> 10: Morning Meeting <b>11: Agenda Hour</b> 12: RWW Support Grp 1: Nueva Vida Meeting 2: Biography: This is your life	<b>7</b> 10: Morning Meeting 11: Wo/Man's 12: 1: Social Media Grp 2: Thinktank	<b>8</b> 10: Morning Meeting 11: Workout w. M.A. 12: 1: Halloween Brain Training 2: BIND Recovery Group	<b>9</b>
<b>10</b>	<b>11</b> 10: Morning Meeting 11: Workout w. M.A. 12: 1: Brain Training w/ Nueva Vida 2: Newsletter & Schedule	<b>12</b> 10: Morning Meeting <b>11:OT Students</b> 12: 12:30: Mindfulness/Meditation <b>1:30: Neuroplasticity Presentation</b> 230: Book Club	<b>13</b> 10: Morning Meeting 11: Yoga w/ Galite 12: RWW Support Grp 1: Nueva Vida Meeting 2: Games w/ Karl 6: OT Students	<b>14</b> 10: Morning Meeting 11: Wo/Man's 12: 1: Social Media Grp 2: Aphasia Group	<b>15</b> 10: Morning Meeting 11: Workout w. M.A. 12: <b>1: Dia de Los Muertos Art Activity</b> 2: New Directions	<b>16</b>
<b>17</b>	<b>18</b> 10: Morning Meeting 11: Workout w. M.A. 12: 1: Brain Training w/ Nueva Vida 2: Newsletter & Schedule	<b>19</b> 10: Morning Meeting <b>11: OT Students</b> 12:30: BIND Store / Merchandise 1:30: Creative Writing 230: Book Club	<b>20</b> 10: Morning Meeting <b>11: Agenda Hour</b> 12: RWW Support Grp 1: Nueva Vida Meeting 2: Biography 6: OT Students	<b>21</b> 10: Morning Meeting 11: Wo/Man's Group 12: 1: Social Media 2: Thinktank	<b>22</b> 10: Morning Meeting 11: Workout w. M.A. 12: <b>1: Art w/ Susan</b> 2: BIND Recovery Group	<b>23</b> 
<b>24</b>	<b>25</b> 10: Morning Meeting 11: Workout w. M.A. 12: 1: Brain Training w/ Nueva Vida 2: Newsletter & Schedule	<b>26</b> 10: Morning Meeting <b>11: OT Students</b> 12: <b>1:30: OT Students</b> 230: Book Club 7: Grey Matters	<b>27</b> 10: Morning Meeting 11: Yoga w/ Galite 12: RWW Support Grp 1: Nueva Vida Meeting 2: Famous Speeches 6: OT Students	<b>28</b> 10: Morning Meeting 11: Wo/Man's 12: 1: Social Media Grp 2: Aphasia Group	<b>29</b> 10: Morning Meeting 11: Workout w. M.A. 12: <b>1: Halloween Brain Training</b> <b>2: Spooky Social Hour</b>	<b>30</b> <b>2: Conéctate con Nueva Vida LIVE!</b>
<b>31</b> 						

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## EVENTS

### Plano Public Library (PPL)

This is an intuitive opportunity to share ideas, connections and community. October 5th topic is Family Traditions.

### Dia de los Muertos Art Activity

Learn about the hispanic holiday Dia de los Muertos while we make flowers for the holiday!

### Poolside Chat w. Valerie

Date & Time 10/1 @1PM

### Agenda Hour

Planning the weekly agenda and making Facebook events.

### Creative Writing

A time to come together to pursue the art and craft of writing by offering advice, giving information, and even providing positive criticism to help each other enhance our writing skills.

### Neuroplasticity Presentation

Craig will give us a presentation on his story and his therapy that has been helping him heal. Neuroplasticity, Setting Goals and Creating Hope after Brain Injury and Stroke.

## Dates to be Aware of:

## Virtual Support Groups

### Grey Matters 7PM

This is an opportunity for brain tumor survivors to come together and discuss. 2nd and 4th Tuesday of every month.

### BIND Recovery Support Group

Learn about drug use after brain injury and get support from your fellow peers

### RWW - Weds 12 PM

This is a brain injury support group hosted by Rehab Without Walls.

### OT Therapy Sessions

Every Wednesday @ 6pm: Join OT Graduate Students for fun therapy sessions based on what members have asked for! Each week students will meet you on Zoom with sessions they have planned.

### Conéctate con Nueva Vida

This is an open opportunity for anyone interested in connecting with NuevaVida to learn more about who we are and what we do.

### New Directions

A support group sponsored by BIND for the communities in the Dallas area. These include patients, caregivers, and others who want to learn about the challenges that they face.

