

September 2022 Special Events

Closed Captioning enabled for virtual meetings.

** Please note that all SHIP Recreation funded activities are intended for brain injury survivors residing in Massachusetts. Family caregivers may participate if accompanying a survivor.

RSVP does not guarantee a space – participants will be contacted after the RSVP is closed.

Date and Time	Virtual or In Person?	Event Details (**denotes funding in part by SHIP Recreation grants)
<p>Fri 9/2/22 10am – 11am</p> <p>Fri 9/16/22 10am – 11am</p>	<p style="text-align: center;">Virtual</p>	<p>** Mindfulness meditation with Wendy Krom <i>Mindfulness Meditation is the practice of pausing in your day, being fully present and at peace with your surroundings. It can help us feel less reactive and overwhelmed; regular meditation activates parts of the brain that are quiet when we “run on autopilot”. No prior experience needed.</i></p> <p>To participate 9/2/22, please pre-register here: https://us06web.zoom.us/meeting/register/tZYvce-rrz8sGdl_Yi_bkBtEo9b0Ztjetyd8</p> <p>To participate 9/16/22, please pre-register here: https://us06web.zoom.us/meeting/register/tZElf-GprTMiGtNAiLt0Et90RaDK0G_x_0vf</p>
<p>Thu 9/8/22 10am – 11am</p>	<p style="text-align: center;">Virtual</p>	<p>** Presentation by Mass Audubon on "The Nature of Fall" <i>Autumn in Massachusetts is filled with seasonal wonders and mysteries unique to our state. Why do leaves change color and fall off their trees? Why don't we hear birds, crickets, and bees anymore? This online program will introduce the seasonal dynamics of Massachusetts in fall. You'll also leave with ideas and suggestions for observing, appreciating, and supporting nature near home.</i></p> <p>To participate, please pre-register here: https://us06web.zoom.us/meeting/register/tZYlfuiqqDgvGtJvZ90HaansUYUj4maV27UB</p>
<p>Tue 9/20/22 10am – 11am</p>	<p style="text-align: center;">Virtual</p>	<p>** Presentation by Isabella Stewart Gardner Museum, "Introduction to the Gardner Museum" <i>Explore masterpieces of the Gardner Museum, learn about the history of the Museum's founder and find out why this is one of the great private art collections in America.</i></p> <p>To participate, please RSVP to info@biama.org by 9/14. Limited seating.</p>