




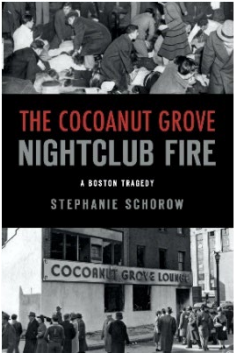
## January 2023 Special Events

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.

Date and Time	Virtual or In Person?	Event Details (**denotes funding in part by SHIP Recreation grants) RSVP does not guarantee a space – participants will be contacted after RSVP closes.
<b>Wed 1/11</b> 10:00 - 10:45 am	Virtual	<p>** Start off the new year with <b>monthly accessible-fitness classes with Jenna!</b> Sitting or standing, with or without equipment - all you need is a computer/phone with internet and video capabilities. <i>Group fitness classes focus on functional fitness, body weight exercises, and functional full body movements, with modifications for adaptive needs - making them safe and effective for everybody and every body. Each class will include warm up and stretching, movement review, workout, cool down, and review.</i></p> <p><b>To participate 1/11/23, please pre-register here:</b> <a href="https://us06web.zoom.us/meeting/register/tZErc-utrzMjHta7y61vpuY19sSD9MQsBsT-">https://us06web.zoom.us/meeting/register/tZErc-utrzMjHta7y61vpuY19sSD9MQsBsT-</a></p>
<b>Fri 01/13</b> 1:00 – 2:30 pm	Virtual	<p>** Join Wendy Krom and BIA-MA for a special January workshop: <b>Renewing our Sense of Purpose and Setting Intentions for the New Year</b></p> <p><i>Are you ready for a renewed sense of purpose and a clearer view of what's next? During this workshop, we will use creative visualization, mindful journaling, and other creative processes such as mind-mapping to design a clear vision for what we want next. Participants will develop clarity around what they'd like to achieve and create a clear plan for moving forward. Move forward stronger with this guided personal retreat experience.</i></p> <div data-bbox="1153 1276 1396 1591" style="text-align: right;">  </div> <p><b>To participate 1/13, please pre-register here:</b> <a href="https://us06web.zoom.us/meeting/register/tZUucevqgzguHdIOGI5prMfcx86k-PqZcdfQ">https://us06web.zoom.us/meeting/register/tZUucevqgzguHdIOGI5prMfcx86k-PqZcdfQ</a></p>

Continues next page

Date and Time	Virtual or In Person?	Event Details (**denotes funding in part by SHIP Recreation grants) RSVP does not guarantee a space – participants will be contacted after RSVP closes.
<b>Thu 01/19</b> 1:00 – 2:00 pm	 Virtual	<p><b>** Presentation by Mass Audubon: "Introduction to Birds and Birdwatching"</b></p> <p><i>What are those intriguing birds in your neighborhood, along the roadways, and outside your windows—and what are they doing? Find out what makes birds unique within the animal kingdom, where and how to locate birds in different settings, and basic bird biology and behavior. You’ll learn birdwatching basics from the experts, including various tools and resources for identifying and how to support local and global bird populations.</i></p> <p><b>To participate 01/19, please pre-register here:</b>  <a href="https://us06web.zoom.us/meeting/register/tZYlc-ugqjwoGdWHjaisVs4mfy87Rcfls4lB">https://us06web.zoom.us/meeting/register/tZYlc-ugqjwoGdWHjaisVs4mfy87Rcfls4lB</a></p>
<b>Fri 01/20</b> 12:00 – 1:00 pm	Virtual	<p><b>** Learn to Eat for the Winter Season</b> </p> <p><i>Join Melissa from Wellbeing Fitness as she discusses what it means to eat seasonally, why it is important, and how to incorporate seasonal foods into our daily eating routines. Attendees will learn the health benefits of New England winter produce and will receive a recipe e-book of all seasonal recipes discussed during the program.</i></p> <p><b>To participate 01/20, please pre-register here:</b>  <a href="https://us06web.zoom.us/meeting/register/tZYqfuyppqz0iGdN5-3Oa1Gs0FbyEjROQeYOU">https://us06web.zoom.us/meeting/register/tZYqfuyppqz0iGdN5-3Oa1Gs0FbyEjROQeYOU</a></p>
<b>Wed 01/25</b> 1:00 – 2:00 pm	Virtual	<p><b>** Author talk: Stephanie Schorow on the Cocoanut Grove Fire of 1942</b></p> <p>Journalist Stephanie Schorow discusses the true story behind her book, “The Cocoanut Grove Nightclub Fire: A Boston Tragedy”. <i>In 1942, The Cocoanut Grove was the most famous nightclub in Boston. A single match started a fire killing nearly 500 people and burning through the heart of the city. Stephanie recounts events leading up to the fire, the investigation, new information, and how the worst nightclub fire in U.S. history impacted Boston – including safety standards, politics, and the legal system of the 40s.</i></p>  <p><b>To participate 01/25, please pre-register here:</b>  <a href="https://us06web.zoom.us/meeting/register/tZlkfuChqDIqEtbMefuGx0z1XDR8l8FlIm">https://us06web.zoom.us/meeting/register/tZlkfuChqDIqEtbMefuGx0z1XDR8l8FlIm</a></p>
<b>Fri 01/27</b> 1:00 – 2:00 pm	Virtual	<p><b>** Mindfulness meditation with Wendy Krom</b></p> <p><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><b>To participate 01/27, please pre-register here:</b>  <a href="https://us06web.zoom.us/meeting/register/tZAsfu2ppz8iH9EhHdVP3-mqYdaqzMxHNnzd">https://us06web.zoom.us/meeting/register/tZAsfu2ppz8iH9EhHdVP3-mqYdaqzMxHNnzd</a></p>

12.21.22