

May 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.
Fri 05/05 1:00 – 2:00 pm	Virtual	<p>** “This Was a Poet”: A Virtual Tour of the Emily Dickinson Museum</p> <p><i>Enjoy a virtual “armchair” tour of the Amherst, Massachusetts home of renowned 19th-century American poet Emily Dickinson. You’ll visit the Homestead where Dickinson was born in 1830, produced nearly 2,000 poems, and died in 1886. Next door, peek into The Evergreens, an untouched Victorian interior that was home to the poet’s brother and his family. Through this live talk over Zoom, your tour guide will transport you into the very rooms where Dickinson found her inspiration.</i></p> <p>To participate 5/05, please pre-register here: https://us06web.zoom.us/meeting/register/tZ0vceGvpi8oGtwWuwnIAIBEIU5T9NJ9Gglp</p>
Fri 05/12 1:00 – 2:00 pm	Virtual	<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 5/12, please pre-register here: https://us06web.zoom.us/meeting/register/tZlpc-urpj0sHddc-iNyh7UV3bp1Z9eM81H-</p>
Mon 05/15 1:00 - 1:45 pm	Virtual	<p>** Join us for accessible fitness classes with Jenna! <i>Sitting or standing, with or without equipment - all you need is a computer/phone with internet and video capabilities. 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>To participate 5/15, please pre-register here: https://us06web.zoom.us/meeting/register/tZAvd-qtqjssGtazxQ8H0RBZdoQAo0KShcA</p>

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Tue 05/16 10:00 - 11:15am	Virtual	<p>** BIA-MA welcomes back Veteran and Author Robert Mueller for a WWII presentation on “The Men of Omaha Beach”. <i>We will explore the Battles of Normandy in Northern France, gaining insight into how, where, and why these invasions took place. Join us to learn about individuals from Infantry to Army Rangers, brave men responsible for the success of the risky endeavor we call D-Day. Photographs will show Omaha Beach in 1944 and today, and a virtual visit to Normandy American Cemetery is fitting tribute to these men’s sacrifices.</i></p> <p>To participate 5/16, please pre-register here: https://us06web.zoom.us/meeting/register/tZModu-ppjgiHtFI-VYPPmlXreoq-bVw1lz5</p>
Tue 05/23 Meet at 10:00am	In Person	<p>** Ready your paint brushes! Join us for a ceramic painting event at PYOP Studios in Northborough! No experience necessary; we recommend wearing clothes that may get painted. Come for a morning of fun and creativity, followed by lunch at a nearby restaurant. <i>Please note that ceramic pieces will be kiln fired after painting, so attendees will need to return to the event location after 7-10 days to pick up their finished pottery.</i></p> <p>To participate, please RSVP to info@biama.org by Monday 5/15. <i>Survivor contribution: \$10. Family caregiver contribution: \$20 Limited spaces available – RSVP only if you will definitely attend.</i></p>
Fri 05/26 1:00 – 2:00 pm	Virtual	<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”.</i> No prior experience needed!</p> <p>To participate 5/26, please pre-register here: https://us06web.zoom.us/meeting/register/tZMvd-qhqDMsGN6ANU0qv3akFqmKyHK6Pg</p>
Wed 05/31 10:00 - 10:45 am	Virtual	<p>** Join us for accessible fitness classes with Jenna! 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>To participate 5/31, please pre-register here: https://us06web.zoom.us/meeting/register/tZEvdeuuqTovGN0mPSw8214yw3HaP3YdlXaL</p>

Sneak Peek at events coming soon – RSVP today!

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Wed 06/07 Meet at 10:45am	In Person	<p>** Second event date added! Join BIA-MA for a Lunch Cruise in Boston Harbor! Enjoy views of the Boston skyline and time with friends, as we embark on a two-hour harbor cruise including lunch and dessert buffets, DJ/dancing, and fresh air! Indoor seating is enclosed and climate controlled, so join us rain or shine. (Please note, alcohol may not be consumed by BIA-MA participants during a SHIP Recreation event.)</p> <p>To participate, please RSVP to info@biama.org by Wednesday 5/24.</p> <p><i>Survivor contribution, parking at the wharf.</i> <i>Family caregiver contribution, \$10 plus parking at the wharf.</i> Limited seats available - RSVP only if you are definitely attending.</p>
Thu 06/08 10:00 am - noon	In Person	<p>** Bring your creative spirit to a fun workshop on Glass Fusing! We will meet at Just Claying Around in Bridgewater, MA to create glass vases using various colors and shapes of glass. The pieces will later be fired in a kiln to melt together and become a piece of art to display in our own homes! <i>Please note attendees will need to return to the location in 7-14 days to pick up their fired pieces.</i></p> <p>To participate, please RSVP to info@biama.org by Wednesday 5/24.</p> <p><i>Survivor contribution: \$10. Family caregiver contribution: \$20</i> Limited spaces available – RSVP only if you will definitely attend.</p>
Thu 06/15 Meet 3:00pm	In Person	<p>** Kick off summer with an afternoon at The Mount, historic home of Edith Wharton in Lenox, MA! Join BIA-MA for a private group tour of the home named a top-ten house tour by Fodor’s.com. This tour reveals the history of The Mount from its building to its restoration, and chronicles Wharton’s life and her remarkable achievements and legacy. After the tour, we will enjoy the Gardens with refreshments from the covered terrace.</p> <p>To participate, please RSVP to info@biama.org by Thursday 6/8.</p> <p><i>Survivor contribution: \$3. Family caregiver contribution: \$5</i> Limited spaces available – RSVP only if you will definitely attend.</p>

04/27/23