

## June 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 06/07</b> Meet at 10:45am	<b>In Person</b>	<p>** Join BIA-MA for a <b>Lunch Cruise in Boston Harbor!</b> Enjoy views of the Boston skyline and time with friends, as we embark on a two-hour harbor cruise onboard the <i>Sensation</i> 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><b>Please RSVP to <a href="mailto:info@biama.org">info@biama.org</a> by Friday 05/26.</b> <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>
<b>Wed 06/07</b> 6:00 – 7:00 pm	Virtual	<p>** Join Lawrence Carroll, owner of First Home Yoga, in <b>virtual chair yoga class!</b> Increase balance, stay in shape during physical recovery, and correct your posture. Suggested but not required: a firm surface to sit on (preferably not a sofa or bed), yoga blocks, yoga strap, small cushion. No previous yoga experience required.</p> <p><b>To participate 06/07, please pre-register here:</b> <a href="https://us06web.zoom.us/meeting/register/tZUud--hrzlvGtaYr2N7X4Tm6iaFdeV-Upsp">https://us06web.zoom.us/meeting/register/tZUud--hrzlvGtaYr2N7X4Tm6iaFdeV-Upsp</a></p>
<b>Thu 06/08</b> 10:00am - noon	<b>In Person</b>	<p>** Bring your creative spirit to a fun <b>workshop on Glass Fusing!</b> We will meet at <i>Just Claying Around</i> in Bridgewater, MA to create 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><b>Please RSVP to <a href="mailto:info@biama.org">info@biama.org</a> by 06/05</b> <i>Requested contribution: \$10 survivors, \$20 family caregivers.</i> Limited seats available - RSVP only if you are definitely attending</p>

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>Fri 06/09</b> 1:00 – 2:30 pm	Virtual	<p>** Check in with yourself halfway through the year with a special workshop: <b>Revisiting our New Years Intentions!</b> <i>In January, Wendy Krom led us through creative visualization and mindful journaling, listening to our inner dialogue to set intentions for the coming year. During this June workshop, we will discuss where we are on our individual journeys using similar techniques – have we been intentional? Have we struggled? Do we need to reassess our goals, or the path to get there? Participants will develop clarity around being intentional in living with this guided personal retreat experience. (January attendance <u>is not</u> required to attend in June!)</i></p> <p><b>To participate 06/09, please pre-register here:</b>  <a href="https://us06web.zoom.us/meeting/register/tZwtce2srzMpGdKXkLb-5iGBcr3bhhiyPWhe#/registration">https://us06web.zoom.us/meeting/register/tZwtce2srzMpGdKXkLb-5iGBcr3bhhiyPWhe#/registration</a></p>
<b>Mon 06/12</b> 1:00 - 1:45 pm  <b>Fri 06/23</b> 10:00 - 10:45 am	Virtual	<p>** Join us for <b>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 06/12, please pre-register here:</b>  <a href="https://us06web.zoom.us/meeting/register/tZYrdumopiMsHt15o07yRFsT3dG7ol8fdm74#/registration">https://us06web.zoom.us/meeting/register/tZYrdumopiMsHt15o07yRFsT3dG7ol8fdm74#/registration</a></p> <p><b>To participate 06/23, please pre-register here:</b>  <a href="https://us06web.zoom.us/meeting/register/tZAodeCrazMoGtL8sYwIHgbODpLE6rVRvBfq#/registration">https://us06web.zoom.us/meeting/register/tZAodeCrazMoGtL8sYwIHgbODpLE6rVRvBfq#/registration</a></p>
<b>Thu 06/15</b> Meet 3:00pm	In Person	<p>** Kick off summer with an <b>afternoon at The Mount</b>, 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 inside tour, we will enjoy the Gardens with refreshments on the covered terrace.</p> <p><b>To participate, please RSVP to <a href="mailto:info@biama.org">info@biama.org</a> by Thursday 06/08.</b>  <i>Survivor contribution: \$3. Family caregiver contribution: \$5</i>            Limited spaces available – RSVP only if you will definitely attend.</p>
<b>Tue 06/27</b> 6:00 – 7:00 pm	Virtual	<p>** Do you want to try yoga but find evening classes challenging? Try <b>Yoga Nidra for relaxation!</b> Yoga Nidra or <b>yogic sleep</b> is practiced in a comfortable position (lying down on the floor, bed, or reclining chair, without changing postures). Enter a state between waking and sleeping (falling asleep is OK too) – some studies show Yoga Nidra benefits can be equivalent to 2-4 hours’ sleep. Come with intention– how do you want to benefit from this time in deep guided relaxation?</p> <p><b>To participate 06/27, please pre-register here:</b>  <a href="https://us06web.zoom.us/meeting/register/tZYtce-hrTwtHNCjAyDEJFm4L_FUOHTTEX9e#/registration">https://us06web.zoom.us/meeting/register/tZYtce-hrTwtHNCjAyDEJFm4L_FUOHTTEX9e#/registration</a></p>