



November 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.

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.
<p>Fri 11/4 1 – 2pm</p> <p>Fri 11/18 1 - 2pm</p>	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 11/4/22, please pre-register here: https://us06web.zoom.us/meeting/register/tZllf-morDliHdXB4TCL4apLOzTMTFFyUZil</p> <p>To participate 11/18/22, please pre-register here: https://us06web.zoom.us/meeting/register/tZApcuGqz0vGdeWh6yxOoadYRPdzAaSmO3G</p>
<p>Thu 11/10 10:45am - noon</p>	In Person	<p>** Take a trip down memory lane as we visit the Larz Anderson Auto Museum in Brookline, MA - home to "America’s Oldest Car Collection". We will view the classic automobiles in a restored 1888 Carriage House, as well as learn the history of the Victorian owners and property which is listed on the National Register of Historic Places. Requested contribution: \$2 survivors, \$5 friends/family.</p> <p>Please RSVP to info@biama.org by 11/7/22</p>
<p>RSVP by 11/17</p>	Virtual Event Fri 12/16 10:00 - 11:00am	<p>SAVE THE DATE AND RSVP NOW!</p> <p>** It’s almost time to deck the halls! Join our virtual Creative Corner to construct felt ball garland! Choice of seasonal colors for your supplies: Christmas, Hanukkah, or rainbow. Limited seating. RSVP with color choice to info@biama.org by 11/17</p>
<p>Tue 11/29 1:00 – 2:30pm</p>	Virtual	<p>** BIA-MA is excited to welcome back docents from the Smithsonian Institute to share a presentation on the National Museum of Asian Art in Washington D.C.! Committed to preserving, exhibiting, and interpreting exemplary works of art, the National Museum of Asian Art addresses broad questions about culture, identity, and the contemporary world with objects originating from the ancient Near East to China, Japan, Korea, South and Southeast Asia, and the Islamic world.</p> <p>Part of the Smithsonian SEE ME program, which fosters intellectual engagement.</p> <p>Please RSVP to info@biama.org by 11/25/22</p>