

April 2024 Recreational Activities

Closed Captioning enabled for virtual meetings.

** Please note that SHIP Recreation funded activities are intended for brain injury survivors residing in Massachusetts.

Date and Time	Virtual or In Person?	Event Details (**denotes funding in part by SHIP Recreation grants) Family caregivers may participate if accompanying a survivor, pending space.
Fri 04/05 11:00am – 12:00pm	Virtual	<p>** NEW! Inclusive dance classes with <i>Dance for All Bodies!</i></p> <p>“Contemporary Improvisation”: during this class, you will be exploring and improvising through movement prompts, phrases, shapes, and activities that celebrate the joy of inclusive community dance. Dance is for everybody - all ages, abilities, genders, and backgrounds are welcome. <i>You may dance while standing, sitting, on the floor, or from your bed. Feel free to travel around your space if that is available to you. Move as much or as little as you'd like and remember that you are the expert of your own body.</i></p> <p>To participate, please register here: https://zoom.us/join Meeting ID 818 7876 6997, pass code 446144</p>
Fri 04/12 10:00am - 12:00pm	<p>In Person:</p> <p>Westboro office, 30 Lyman St Suite 10</p> <p>Pittsfield office, 180-C Elm St</p>	<p>BIA-MA is pleased to continue our partnership with the Unmasking Brain Injury Project! <i>Our goal is simple – offer every brain injury survivor the opportunity to create their own physical mask, tell their own story, and provide opportunities for the masks to be displayed in public places. Collectively this project partners with brain injury agencies across the country – and we are proud to join their ranks to illustrate brain injury and its impact.</i></p> <p>Join BIA-MA at both Westborough and Pittsfield offices on the second Friday of each month, where we supply time, space, and basic materials to construct your own mask. Feel free to bring additional craft supplies or take the project home to complete. Drop-in activity – no pre-registration required!</p>
Tue 04/16 11:00am – 12:00pm	<p>In Person:</p> <p>Westboro office, 30 Lyman St Suite 10</p>	<p>** BIA-MA welcomes back in-person drum circle classes!</p> <p>Join cultural educator Aimee Gelinias, M.Ed. & Daniel Cohen in exploring hand drumming and percussion with contemporary West African & Caribbean music. Learn about drumming, the cultural context of the music, and how drum patterns fit together – while having fun! <i>No prior experience required – bring yourself and your hands! Aimee and Dan supply the drums.</i></p> <p>No pre-registration required, simply join us at the Westboro office!</p>

<p>Wed 04/17</p> <p>1:00 – 3:00pm</p>	<p>In Person: Westboro office, 30 Lyman St Suite 10</p>	<p>** Creative Corner – join us for an acrylic painting art class with Gerry Knall! Gerry is a Professional Illustrator and Visual Arts Instructor, and he will be leading the workshop in creating an acrylic painting on canvas titled "4 Seasons." The event promises to be a fantastic opportunity to unleash your creativity and have a fun-filled time</p> <p>To attend 04/17, please register here by 4/12.</p> <p><i>Contributions: attendees may bring nonperishable food items to be donated to community groups. Limited spaces available – maximum 10 attendees.</i></p>
<p>Fri 04/19</p> <p>11:00am – 12:00pm</p>	<p>Virtual</p>	<p>** NEW! Inclusive dance classes with <i>Dance for All Bodies!</i></p> <p>“Dance Fitness”: Dance Fitness is a cardio fitness format which incorporates songs from around the world set to an urban dance rhythm. We start with a 10 minute warm-up before the cardio begins, then bring heart rates back down with Slow Jam movements. Dance is for everybody - all ages, abilities, genders, and backgrounds are welcome. <i>You may dance while standing, sitting, on the floor, or from your bed. Choreography can be adapted to all levels of ability - you pick the level that is safe and fun for you.</i></p> <p>To participate, please register here: https://zoom.us/join Meeting ID 825 3864 2701, pass code 713879</p>
<p>Mon 04/22</p> <p>1:00 – 3:00pm</p>	<p>In Person: Pittsfield office, 180-C Elm St</p>	<p>** Creative Corner – join us to learn about paper quilling! This artform has been used for 500 years, and is found in scrapbooking, greeting cards, jewelry, wall art and more. Using small strips of paper and glue, we will explore together how to create amazing designs. <i>This simple activity requires no prior expertise and promises fun and imagination. All supplies included.</i></p> <p>To attend 04/22, please register here by 4/18.</p> <p><i>Contributions: attendees may bring nonperishable food items to be donated to community groups. Limited spaces available – maximum 10 attendees.</i></p>
<p>Fri 04/26</p> <p>11:00am– 1:00pm</p>	<p>In Person: Westboro office, 30 Lyman St Suite 10</p>	<p>** Creative Corner - explore creating zentangle-inspired drawings!</p> <p>This class is very popular! The practice of creating abstract drawings through repeating simple structured patterns is easy to learn, relaxing, and has been shown to improve hand-eye coordination while reducing stress and increasing confidence! All supplies included and no prior experience needed.</p> <p>To attend 04/26, please register here by 4/23.</p> <p><i>Contributions: attendees may bring nonperishable food items to be donated to community groups. Limited spaces available – maximum 15 attendees.</i></p>