

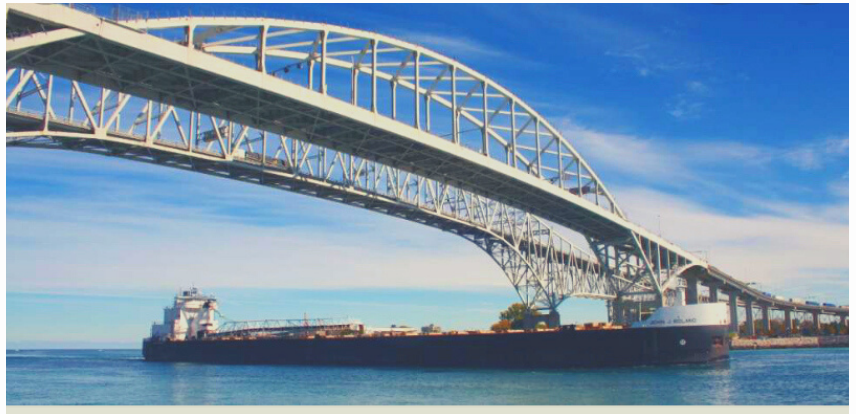
November  
2021

1705 London Line unit 1048  
Sarnia, ON N7W 1B2  
519)337-5657

Website: [www.sarnia.biasl.ca](http://www.sarnia.biasl.ca)  
Email: [sarnia.biasl@gmail.com](mailto:sarnia.biasl@gmail.com)

Charity Registration No:  
89186-6733-RR0001

Website:  
[www.braininjurycanada.ca](http://www.braininjurycanada.ca)



## We Have Missed You

### BY OUR STAFF AND VOLUNTEERS

As places are starting to lift restrictions in this time so are we but we are taking more precautions to protect each and every member. We know this time is hard for everyone as this is our new normal for now.

We have started up our famous coffee group back at Coffee Lodge on Exmouth Street and it's been a great turn out! What a nice way to see familiar faces there! If you're unable to make your way there ie transportation let the office know and we hand out taxi vouchers. We would love to see more of our group there!

New office hours at the Von building are Thursdays 12:30 - 4:30 by appointment only. Proof of vaccination will be asked prior to the appointment and entry to the building.



# UPCOMING BIASL ACTIVITIES

Coffee Group: Come join us for a nice cup of coffee and catching up with old friends! This group meets every Tuesday. Coffee Lodge on Exmouth Street @ 1pm	Tues Nov 2nd Tues Nov 9th Tues Nov 16th Tues Nov 23rd Tues Nov 30th
Come join us to play a popular game called Cornhole and enjoy our local Refined Fool beverage! RSVP the office to reserve a spot! 1326 London Rd. Meet at Sports bar in the back entrance @ 2pm	Wed Nov 3rd Wed Nov 24th
Coping with Emotions During the Pandemic, join us on November 18th @ 1:30 - 3:00pm at the Lochiel Kiwanis Centre. 180 College Ave. N. We will be meeting in the Kiwanis room.	Thurs Nov 18th
Start the weekend early and join us Friday November 12th @ 12:00pm at Salvatore's restaurant. 105 Michigan Ave. Point Edward	Fri Nov 12th
BIASL Board Meeting on November 15th @ 6pm	Mon Nov 15th

Please call the office if you are needing assistance for transportation to any of the Brain Injury Association activities. We will assist with Taxi vouchers.

\*Please note that now we are having all of our activities inside due to the cold weather. The places we attend to will be asking for your proof of vaccination.

## Coffee Group Highlights



# Update on what's been going on

On September 28, 2021 we held our Annual General Meeting via Zoom. At that time, we welcomed four new Board members: Cyd Simpson, Dan Brown, and Karen Richards.

We also would like to thank Julie Miller and Kerri Hamm for their hard work and dedication over the last year on the Board of Directors. Julie was most recently instrumental in helping us raise \$463.00 in the Refined Fool Charity take over. Julie also helped us to design BIASL t-shirts for both survivors and caregivers.

We thank Kerri for her role as Treasurer and for the time she dedicated with our members on Friday afternoons during their walks through Canatara Park. You will be missed Kerri!

We would like to welcome Lori back as she fills a new role on our agency as Executive Director!

## Volunteers Needed

The Brain Injury Association of Sarnia Lambton is looking for volunteers to help with their Annual Gift Wrapping Fundraiser at the Lambton Mall, December 6-24.

If you are interested in volunteering please contact (519) 337-5657



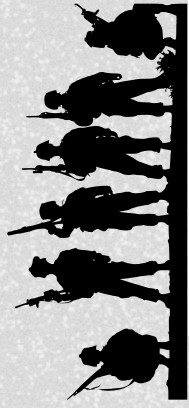
**SISKINDS** | The law firm

**ENBRIDGE**

## A Quote to Ponder on

Look for something positive in each day even though some days you have to look a little harder





# November 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 COFFEE ☕ LODGE good food... good coffee... good people.	3 Refined Fool corn hole 2pm	4	5	6
7	8	9 COFFEE ☕ LODGE good food... good coffee... good people.	10	11	12 Lunch at Salvatore's restaurant 12pm	13
14	15 BIASL Board Meeting 6pm	16 COFFEE ☕ LODGE good food... good coffee... good people.	17	18 Coping with Emotions during a Pandemic 1:30- 3:00pm	19	20
21	22	23 COFFEE ☕ LODGE good food... good coffee... good people.	24 Refined Fool corn hole 2pm	25	26	27
28	29	30				

# Veterans & Remembrance Day

"The soldier, above all other people, prays for peace, for he must suffer and bear the deepest wounds and scars of war." - Douglas MacArthur



N S T I Z V J H W I E K W A R  
 N A O I D H E R O E S U J A M  
 X O P L C Q R T T L N Y I O I  
 A X V A D E W W E A I K E W L  
 I Y Y E T I Q W L R U D Z X I  
 H F W P M R E A Y M A R A G T  
 U I M O A B I R A I E N L Y A  
 H O N O R R E O S S P N S C R  
 J S R O O L A R T T O Q S E Y  
 P F I M B L D D F I D T B X M  
 R V E S R Y V U E C X M H C E  
 I M P E A C E H T E E E R G D  
 D X U Y V L S K E M Q K Q Q A  
 E E O E E C E L E B R A T E L  
 H S P O P P Y R T P K G M P S

MEMORIAL  
 PEACE  
 MEDALS  
 HONOR

CELEBRATE  
 PARADE  
 VETERANS  
 PRIDE

WAR  
 SOLDIERS  
 POPPY  
 HOLIDAY

PATRIOT  
 BRAVE  
 REMEMBER  
 NOVEMBER

ARMISTICE  
 HEROES  
 WORLD  
 MILITARY

