



## February 2020 Calendar

Neuro-Wellness from SLI offers people living with brain injury and other neurological disorders opportunities to engage in community-based health and wellness activities. Register at [info@supportivelivinginc.org](mailto:info@supportivelivinginc.org) or call (781) 274-8711.

### Mark West: Piano Performance

Saturday, February 15

Mark West is a professional piano performer and teacher, playing a collection of jazz, classical and pop music that all listeners can appreciate. Come and enjoy this performance in a small, comfortable space. **Fee \$5.**

Douglas House, 7 Oakland Street, Lexington | 12:00pm

### Brain Injury (BIA) Support Group

Tuesday, February 4 & 18

The BIA support group offers survivors, friends and family an opportunity to speak about issues related to brain injury in a supportive, engaging environment. Offered the first and third Tuesdays of each month. **No fee.**

Douglas House, 7 Oakland Street, Lexington | 3:00pm

### DJ Mike

Thursday, February 13 & 27 and Friday, February 14 & 28

Come and enjoy some of the greatest hits of the 60s, 70s and 80s curated by DJ Mike. This event presents a great opportunity for any music lover to enjoy excellent music in a fun setting with great company. **\$5 fee.**

Warren House, 17 Warren Ave, Warren House | Friday February 14 & 28 @ 4:00pm

McLaughlin House, 333 Park Street, North Reading | Thursday February 13 & 27 @ 6:00pm

### Chess Club

Friday, February 7 & 21

Chess is a great way to get involved in a game that is fun and challenging, while promoting cognitive functioning. **No fee.**

Douglas House, 7 Oakland Street, Lexington | 3:00pm

### Expressive Arts

Tuesday, February 4, 11, 18 & 25

Our expressive arts class is an opportunity to receive instruction from a professional art teacher in a group setting to engage in self-expression through art projects, such as painting and sculpting. **\$5 fee per class.**

McLaughlin House, 333 Park Street, North Reading | 10:30am

### Horticulture

Tuesday, February 4 & 18

Enjoy indoor and outdoor gardening and other plant-based activities. Get your hands dirty! **\$5 fee per class.**

McLaughlin House, 333 Park Street, North Reading | 1:30pm

### Drumming

Thursday, February 6 & 20

Come join us for an active and dynamic class, banging away on the drums and finding new rhythms! **\$7.50 fee per class.**

Warren House, 17 Warren Ave, Woburn | 4:00pm

### Music

Tuesday, February 4, 11, 18 & 25

The Real School of Music is partnering with SLI to provide an energetic, exciting music class. Come sing, play instruments, and enjoy a mix of music across the decades. **\$7.50 fee per class.**

Warren House, 17 Warren Ave, Woburn | 4:00pm

### Healthy Cooking

Friday, February 7, 14, 21, & 28

Join us for fun in the kitchen! You will help create new, healthy, dishes to enjoy and engage with others. **\$2.50 fee per class**

Douglas House, 7 Oakland Street, Lexington | 11:00am

*We thank the following organizations for supporting Neuro-Wellness activities: Advocates, Boston Evening Clinic, Catholic Health Foundation, Cell Signaling Technology, Dana Home Foundation, Hamilton Company Foundation, Massachusetts Rehabilitation Commission (MRC), and Statewide Head Injury Program (SHIP).*