



January 2020

1503 Fourth Street NW Albuquerque NM 87102
 Hours of Operation 8:30– 3:30 Monday thru Friday
 Call 1-833-316-0012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  New Years Day 2020 HAPPY NEW YEAR	2	3 11am-1pm Retrain Your Brain	4  January 4 th is National Spaghetti Day!
5	6 Life Skills with Crystal 1:00-2:00pm	7	8 11am-1pm Retrain Your Brain 12-1p gentle chair Yoga w/ Stephanie	9	10	11
12	13 12:30-2:30 Paint, Coffee & Conversation NO TARDIES ALLOWED	14	15 11am-1pm Retrain Your Brain	16	17 Guided Workbook with Crystal 1:00pm-2:00pm	18
19	20 	21 	22 11am-1pm Retrain Your Brain	23	24	25
26	27	28	29 11am-1pm Retrain Your Brain	30	31	

Jan 1 2020- New Years' Day on the other hand, is a time to relax and enjoy the start of a bright and promising new year....a new beginning. It is a time to be with family. After all, you haven't seen your mother in law since last year. NMBIRC is closed for the day.

January 4- Today is National Spaghetti Day. Grab a big bowl, fill it with spaghetti, top it with a generous helping of your favorite sauce, and dig in. And, don't forget the

January 6- Come get some tools from Crystal, your brain injury information specialist. This hour is for those who are needing help with understanding the socially appropriate ways to navigate the world around them.

January 17- Your brain injury information specialist will lead a guided workbook session for those who are interested in improving their cognitive processing skills!

January 20- Born on January 15, 1929, Martin Luther King Jr. grew to become one of the greatest Social Activists the world has ever known. At 35, he became the youngest person to win the Nobel Peace prize. He was assassinated on April 4, 1968 while making a speech from the balcony of his hotel room in Memphis, Tennessee. The NMBIRC will be closed in observance of this historical day.

January 21- What a great day! This is an opportunity to give and to receive. Give a hug, and you automatically receive one in return. Sure, someone might not hug back. But, how often does that happen!?! Hugs are loving. Hugs are therapeutic. Hugs are caring. Hugs are celebratory. Hugs make you feel good inside. A hug is a way to say everything is, or will be okay. Have you ever received a hug from someone who didn't care? I didn't think so. That's proof positive that you're loved and cared about. Celebrate today by giving hugs to family, friends and loved ones. You'll love the warm feeling you get.