

## December 2017 - Collingwood Adult Day Services

| Sun  | Monday  | Tue | Wednesday                                      | Thu | Fri | Sat |
|--|---|-----|--|-----|-----|-----|
| 03   | 04<br>Quiddler<br><b>What's for Dinner?</b><br>Jok-R-ummy | 05  | 06<br>Therapeutic Pilates<br>Cookie decorating | 07  | 08  | 09  |
| 10   | 11<br>Self-exploration workshop<br>The game of Clue       | 12  | 13<br>Friends and Family Holiday Luncheon      | 14  | 15  | 16  |
| 17   | 18<br><b>Bowling @ Georgian Bowl</b><br>Favourite Music   | 19  | 20<br>Shuffleboard<br>Your Choice              | 21  | 22  | 23  |
| 24   | 25  | 26  | 27   | 28  | 29  | 30  |
|  |   |     |  |     |     |     |

**Social Time - 9am-10am**  
We begin our morning with socializing with peers catching up on current events, over a cup of coffee or tea!

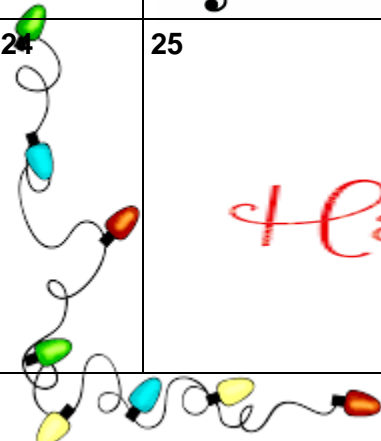
**Exercise - 10am-10:15 am**  
“Exercise is not only good for your body, but your mind, your attitude, & your mood.”

**Morning Activity**  
10:15am – 12:00pm

**Lunch**  
**12:00pm – 1:00pm**  
Please bring a lunch to programming **except** on lunch outing days & days that we are cooking!

**Afternoon Activity**  
1:00pm – 3:30pm

Please read the back of the calendar for important details regarding activities, times, locations, and funds required for events and activities.



## Collingwood Adult Day Services for December 2017

**December 4<sup>th</sup>:** We begin the morning with an activity to wake up our brains – Quiddler. We will then walk over to Loblaws for our monthly ‘What’s for Dinner?’ cooking class. In the afternoon we will head back to the program site where we will play a new favourite game of Joke-R-Uummy.

**December 6<sup>th</sup>:** Pilates is on the agenda for today! **Please arrange for your ride to drop you off at Therapeutic Pilates – 69 First Street, by 10am.** We will head back to the program site for lunch. After lunch we will get into the holiday spirit and decorate festive cookies. We will end the day with your choice of an activity.

**December 11<sup>th</sup>:** This morning we participate in a self- exploration workshop. The journey of self-discovery – a journey worth taking. Learn how to pay attention to your feelings and understand yourself better. Following lunch, we will learn how to play the board game clue!

**December 13<sup>th</sup>:** ‘Tis the season to be jolly! Today we will have our BIS holiday luncheon consisting of stuffed chicken breasts, baby potatoes, carrots, and holiday squares for dessert. Please feel free to bring 1-2 family/friends for lunch. **Please RSVP by November 22<sup>nd</sup>.**

**December 18<sup>th</sup>:** Arrive by 10am to join us for a fun morning of bowling at **Georgian Bowl – 832 Hurontario Street Collingwood. Cost \$10.75 for two games or \$7.50 for one game – includes shoe rental. Arrange your ride to drop you off at Georgian Bowl at 10am.** We will take a taxi back to the program site after lunch and enjoy favourite music in the afternoon.

**December 20<sup>th</sup>:** Our day will be spent at The Leisure Time Club – 100 Minnesota street, **please arrange transportation to and from this location.** See you at **9:00am for Shuffleboard**, don’t forget \$2 to play! We will spend the afternoon in the lounge at the Leisure time club playing the game of sweet revenge – Sorry.

**December 25<sup>th</sup>: BIS is Closed.**

**December 27<sup>th</sup>: BIS is closed.**

**Have a safe and happy holiday season!  
See you back January 3<sup>rd</sup>, 2018!**

Brain Injury Services – Collingwood Adult Day Services  
76 First Street, Collingwood (corner of Maple and First Street)  
Mondays and Wednesdays 8:30am to 3:30pm  
**Phone: 705-734-2178 - Jenn ext 236 & Beverley ext 241**  
Check out our Website! [www.braininjuryservices.ca](http://www.braininjuryservices.ca)



**NOTE: Participants must be independent with transportation and personal support requirements; as one to one assistance is not available.**