
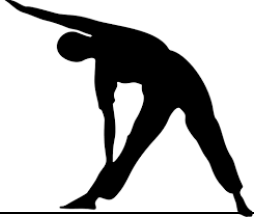
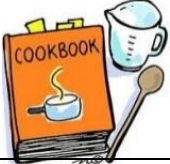









November 2017 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	 <p>Today you are You, that is truer than true. There is no one alive who is Youer than You.</p> <p>-Dr. Seuss</p>		01 Therapeutic Pilates Joke-R-Rummy 	02	03	04
05  Clocks go back an Hour	06 Healthy You self-esteem workshop What's for dinner? Your Choice 	07	08 Shuffleboard @ Leisure Time Club Remembrance Day Activities 	09	10	11
12	13 Hero's Journey Meditation 	14	15 Bowling @ Georgian Bowl Mexican Train 	16	17	18
19	20 Dice  Lunch Outing at the Baked & Pickle Painting Ceramics at the Paint Bar	21	22 Five Crowns Gin Rummy 	23	24	25
26	27 Wii Games Skipbo 	28	29 Brain Power & Bingo Bacon Butties & Beans 	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 November 2017

November 1st: Pilates is on the agenda for today! **Please arrange for your ride to drop you off at Therapeutic Pilates – 69 First Street, by 10am.** Following Pilates, we will walk back to the program site for lunch. After lunch we will play an exciting game of Joke-R-Rummy.

November 6th: This morning we will engage in our monthly Healthy You education session. This month we will learn about self-esteem through various activities. We will learn what self-esteem is and how we can improve our own in everyday life. This workshop will focus on core beliefs. Following our workshop, we will walk over to Loblaws for our 'What's for Dinner?' cooking class. We will end the day at the program site with your choice of activity in the afternoon.

November 8th: 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! In the afternoon we will participate in remembrance day activities to acknowledge and demonstrate our respect for those who fought for us in the war.

November 13th: We continue on our journey becoming educated about acquired brain injury (ABI), through our workbook titled 'Hero's Journey'. Following lunch we will put our feet up, sit back, and relax to some guided meditation videos.

November 15th: 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.** We will take a taxi back to the program site after lunch and participate in a game of Mexican train.

November 20th: We will start the morning with a game of dice. For lunch we will walk to The Baked and Pickle Mexican restaurant located at 137 Hurontario Street. We will then walk over to the Paint Bar to get creative and paint our own ceramics. **Please arrange your ride to pick you up from the paint bar – 167 Hurontario Street.**

November 22nd: Five crowns card game begins our day today. Following lunch, we will play a game of gin rummy.

November 27th: This morning we will get active participating in Wii Games. In the afternoon we will play Skipbo!

November 29th: Cooking is on the agenda for today brought to you by the letter B. Bacon butties, beans, bingo and brain power!

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



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