
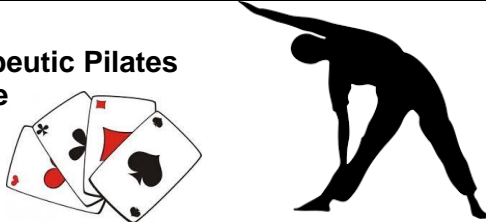



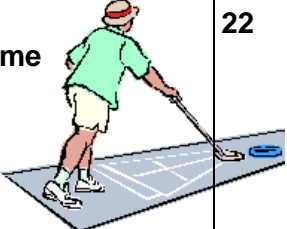

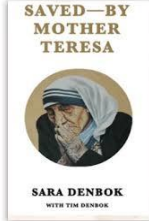


## February 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
			<p><i>"The everyday to do list:</i></p> <ul style="list-style-type: none"> <li>- Be kinder than necessary</li> <li>- Express gratitude for your blessings</li> <li>- Do something that makes your soul happy"</li> </ul>	01	02	03
04	<p>05 Five Crowns What's for dinner? Meditation</p> 	06	<p>07 Therapeutic Pilates Euchre</p> 	08	09	10
11	<p>12 Hero's Journey Lunch @ Swiss Chalet Dice</p> 	13	<p>14 Arts &amp; Crafts Pajama Day Valentine's Day Brunch with chocolate covered strawberries for dessert</p> 	15	16	17
18	<p>19</p>  <p>BIS is closed today.</p>	20	<p>21 Shuffleboard @ Leisure Time Skipbo</p> 	22	23	24
25	<p>26 Bowling @ Georgian Bowl 10am Soup Wii Games</p> 	27	<p>28 Guest Speaker: Sara Denbok &amp; Leah Denbok Quiddler</p> 			

**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**  
VON Smart Exercise Program  
"A gentle, low impact program that aims to improve strength, flexibility, mobility and balance".

**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 February 2018

**February 5<sup>th</sup>:** We begin our day with a game of Five Crowns. We will then walk over to Loblaws for noon for our 'What's for Dinner?' cooking class. **Please be advised that the prices of the cooking classes have increased and therefore we asked that each participant bring \$2 for the class (non-refundable).** We will walk back to 76 First street following our cooking class and relax to some guided meditation.

**February 7<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, between 9:45am and 10am.** We will head back to the program site for lunch. After lunch we will play euchre or a card game of your choice.

**February 12<sup>th</sup>:** We continue on our journey becoming educated about acquired brain injury (ABI), through our workbook titled 'Hero's Journey'. We will take a taxi over to Swiss Chalet for **lunch at 12:00pm!** Please bring approximately \$10-\$15 to purchase your meal. We will spend the afternoon at Swiss Chalet – **please arrange your ride to pick you up from Swiss Chalet at 440 First Street Collingwood.**

**February 14<sup>th</sup>:** Today is pajama day at BIS! We will have a relaxing day spent in our PJ's and cook brunch. Bacon, eggs, toast, and chocolate covered strawberries are on the menu for today! In the afternoon we will make our own mason jar candles!

**February 19<sup>th</sup>:** Happy Family Day! **BIS is closed today.**

**February 21<sup>st</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 Skipbo.

**February 26<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 and make soup for lunch! Following lunch, we will play Wii games!

**February 28<sup>th</sup>:** This morning we will have a local Collingwood guest, Sara Denbok, come and speak to our group about her past and present life. Sara has written a book titled "Save by Mother Teresa" and will share her life story with our group. Sara's 17-year-old daughter will join her in speaking to our group and share her experiences. Sara's daughter has her own art show and book at the Collingwood library. In the afternoon we will participate in a game Quiddler.

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.**