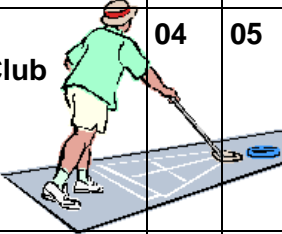










January 2018 - Collingwood Adult Day Services

| Sun | Monday | Tue | Wednesday | Thu | Fri | Sat |
|-----------|---|--|---|-----------|-----------|-----------|
| | 01 <i>BIS is Closed. Happy New Year!</i> | 02 03 Shuffleboard at Leisure Time Club Your choice afternoon  | 04 | 05 | 06 | |
| 07 | 08 Dice What's for Dinner? Collingwood Library  | 09 | 10 Therapeutic Pilates Adult colouring  | 11 | 12 | 13 |
| 14 | 15 Healthy you – Ryan Walsh Cancer and chronic disease prevention Tri-bond  | 16 | 17 Poker Lunch outing – Iron Skillet  | 18 | 19 | 20 |
| 21 | 22 Jok-R-Rummy Cooking – stuffed chicken Wii Games  | 23 | 24 Hero's Journey Guided meditation  | 25 | 26 | 27 |
| 28 | 29 Monopoly madness day & games  | 30 | 31 Bowling @ Georgian Bowl Soup for lunch Five crowns  | | | |

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 January 2018

January 1st: HAPPY NEW YEAR! BIS is closed today.

January 3rd: 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 with your choice of an activity.

January 8th: We begin our day with a friendly game of dice, it will be your choice between 30 and 10,000 dice. 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 take a taxi to the Collingwood Library and spend the afternoon there. Arrange your pick up at the Collingwood Library 55 Ste Marie St.

January 10th: 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 be creative with colouring.

January 15th: This morning we will have a returning guest speaker Ryan Walsh from Simcoe Muskoka Regional Cancer Centre come to speak to our group about cancer prevention and chronic disease prevention. Following lunch, we will play Tri-bond!

January 17th: Bring your best poker faces to group this morning, as poker begins our day! We will then take a taxi to the Iron Skillet for lunch located at 49 Huron Street Collingwood, please bring approximately \$15. A soft drink, coffee or tea will be included with your meal. We will spend the afternoon at the Iron Skillet playing a card game of your choice. **Please arrange your ride to drop you off at 76 First street, and pick you up at the Iron Skillet, 49 Huron Street, Collingwood.**

January 22nd: Jok-R-Uummy and cooking is on the agenda for today! We will be cooking chicken breasts stuffed with jalapeños, cream cheese and prosciutto. We will have roasted baby potatoes on the side and a fresh garden salad. After our delicious home cooked meal, we will participate in Wii Games, and determine what our 'Wii age' is today!

January 24th: 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.

January 29th: Monopoly madness is on the calendar for today! Who will purchase the most real-estate and bring in the most rent to win the game? If we don't finish the game before lunch we will continue after lunch, and finish the day with a game of your choice.

January 31st: 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 a game of Five Crowns.

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

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North Simcoe Muskoka Local
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Simcoe Nord Muskoka

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