



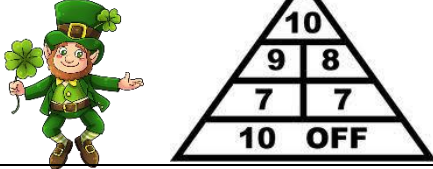







March 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<p>“It’s not selfish to love yourself, take care of yourself, & to make your happiness a priority. It’s necessary” - Unknown</p>			01	02	03
04	<p>05 Karaoke What’s for Dinner? Apples to Apples</p> 	06	<p>07 Therapeutic Pilates Spring Fling Party</p> 	08	09	10
<p>11  Daylight Savings</p>	<p>12 Starbucks or Collingwood Public Library Lunch Outing @ Montana’s Galaxy Cinemas Matinee Movie</p> 	13	<p>14 Shuffleboard @ Leisure Time Club Brain Power: St. Patties Day Trivia</p> 	15	16	17 
18	<p>19 Watercolour painting Crosswords</p> 	20	<p>21 Poker Make your own Nacho’s Pictionary</p> 	22	23	24
25	<p>26 Healthy You: Brain Injury Education Hero’s Journey BINGO</p> 	27	<p>28 Bowling @ Georgian Bowl 10am Jok-R-Uummy</p> 	29	30	31

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 March 2018

March 5th: Get your beautiful singing voices ready this morning as we sing karaoke to some of our favourite songs! 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 ask that each participant bring \$2 for the class (non-refundable).** In the afternoon we will introduce a new game; Apples to Apples.

March 7th: 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 walk back to the program site for lunch. Spring is on our minds today as we patiently await springs arrival. We will have a spring fling party featuring mocktails and cupcakes. Please come dressed in your brightest spring colour!

March 12th: **Location Change.** Drop off at **Starbucks** – 65 First Street, Collingwood – **between 8:30am – 9am, OR Collingwood Public Library at 10am** - 55 Ste Marie St, Collingwood. Following our coffee/tea at Starbucks, we will walk over to the Library. Following our time at the Library, we will take a taxi to Montana's at **11:30am - 79 Balsam Street**. We will then walk from Montana's to Galaxy Cinemas to watch a matinee movie together! **Please arrange your ride to pick you up from Galaxy Cinemas – 6 Mountain road, Collingwood.** Please note lunch will cost approximately \$15-\$20, and the movies \$10.

March 14th: 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 at the Leisure time club and challenge our brains with St. Patties Day Trivia.

March 19th: We begin this morning using watercolour paints to create your own piece of art. In the afternoon we will work together on a group crossword.

March 21st: Bring your best poker face to group this morning, as a friendly game of Texas Holdem begins our day. We will then make our own individual plate of nachos for lunch including toppings of your choice! Following lunch, we will get creative and play Pictionary!

March 26th: This morning we will begin our day with a Healthy You, education session focused on brain injury recovery. We will continue working through the workbook Hero's Journey. In the afternoon, we will play BINGO.

March 28th: 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. BIS will provide transportation to bowling unless you are meeting us there at 10:15am.** We will take a taxi back to the program site and play Jok-R-Uummy after lunch.

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