

April 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
01	02  BIS is Closed.	03	04 Therapeutic Pilates Mexican Train 	05	06	07
08	09 Brain Games What's for Dinner? Scattergories 	10	11 Goal Setting Pool Tournament 	12	13	14
15	16 Quiddler Your Choice Afternoon 	17	18 Hero's Journey Lunch Outing to 98 Super Panda Painting ceramics @ The Paint Bar 	19	20	21
22	23 German Themed Day Cooking – Oktoberfest sausage, sauerkraut, & pretzels Brain Power 	24	25 Shuffleboard @ Leisure Time Club Afternoon walk 	26	27	28
29	30 Bowling @ Georgian Bowl Tri Bond 		<p>“Every story has an end but in life every end is just a new beginning” – unknown</p> <p>Spring has sprung!</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 April 2018

April 2nd: Happy Easter. BIS is closed today.

April 4th: 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 then walk back to the program site and play one of our favourite games; Mexican Train.

April 9th: This morning we will participate in various brain games online that will test your memory and thinking skills. 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 \$5 for the class (non-refundable).** Following lunch, we will play Scattergories.

April 11th: April is goal review and goal setting month. Today we will be completing annual paper work with each client individually. We will have your choice of games and activities as well. In the afternoon, we will have a pool tournament.

April 16th: Quiddler, our favourite word game is on the agenda this morning. Following lunch, you have the opportunity to choose an activity of your choice.

April 18th: This morning we will work together to continue educating ourselves about acquired brain injuries through the workbook "Hero's Journey". We will then walk (weather permitting) to 98 Super Panda (50 Hurontario St, Collingwood) for our monthly lunch outing. Please bring approximately \$10 for lunch. After lunch we will walk over to The Paint Bar (167 Hurontario St) to get creative and paint ceramics of your choice. **Please arrange your ride to pick you up from The Paint Bar at 167 Hurontario St.**

April 23rd: Today is a German themed day! Please dress in the colours of the German flag today (yellow, black, and red). We will be cooking up a German themed lunch. Das ist mir Wurst (that's sausage to me)! Our lunch will be Oktoberfest Sausage, sauerkraut, and pretzels. Following lunch, we will participate in Brain Power and learn fun facts about Germany!

April 25th: 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 go outside for a spring walk.

April 30th: 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.** In the afternoon we will return to the program site and play a trivia game; Tri Bond.

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.