

## May 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	Get up. Dress up. Show up and Never give up!	01	02 Therapeutic Pilates  Popcorn and Movie afternoon	03	04	05
06	07 Pool Tournament  Humane Society  	08	09 Games Morning: Backgammon, poker, euchre, your choice!  Mindful Walk	10	11	12
13	14 Bowling @ Georgian Bowl  Pictionary  	15	16 Shuffleboard @ Leisure Time Club  Friendship Park afternoon	17	18	19
20	21  <b>VICTORIA DAY</b> BIS is closed.	22	23 Sunset Point Park Day!  Outdoor Games  Make your own sub lunch!	24	25	26
27	28 Five Crowns  Lunch outing @ Tim Hortons Walk the Arboretum in the afternoon	29	30 Arts & Crafts Canvas Painting  Jok-R-Uummy			

**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 May 2018

**May 2<sup>nd</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 then walk back to the program site and put our feet up, relax, eat popcorn and watch a DVD movie.

**May 7<sup>th</sup>:** This morning we will see who the pool champion is with a fun and exciting pool tournament. At 1pm we will take a taxi to Georgian Triangle Humane Society located at 549 Tenth Line, Collingwood. We will spend the afternoon learning about the humane society and visiting their furry friends. **Please arrange your ride to pick you up from 549 Tenth Line, Collingwood.**

**May 9<sup>th</sup>:** Backgammon, Euchre, Poker, and more! It is your choice game morning today! Following lunch, we will go on a community walk down to the waterfront and practice mindfulness.

**May 14<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.** In the afternoon we will return to the program site and get creative with a game of Pictionary.

**May 16<sup>th</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 at Friendship Park, just outside of the Leisure Time Club, and play a game of Mexican Train.

**May 21<sup>st</sup>:** **BIS is closed. Happy Victoria Day!**

**May 23<sup>rd</sup>:** Today we will spend the day at **Sunset Point Park St. Lawrence Street, Collingwood.** We will set up on the lake side to the left of the main washrooms/ concession stand. Please bring a lawn chair and a beverage. ***Please arrange your ride to pick you up and drop you off at Sunset Point Park St. Lawrence Street.*** We will be making subs for lunch today! **Rain location 76 First Street.**

**May 28<sup>th</sup>:** Five Crowns is on the agenda for this morning. We will then walk down the street to Tim Hortons for lunch and walk the arboretum in the afternoon. Please arrange your ride to pick you up from the Tim Hortons located at 281 First Street Collingwood.

**May 30<sup>th</sup>:** This morning we begin the day with arts and crafts. You will be guided through a step by step process to paint a landscape image on canvas. Following lunch, we will participate in a game of Jok-R-Ummy.

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.**