










July 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
01	02 CANADA DAY BIS is closed today. 	03 04 Backgammon Tournament Matinee Movie 	05	06	07	
08	09 Lawn Bowling Beaver and Bulldog Lunch outing 	10 11 Therapeutic Pilates Create your own butter tart 	12	13	14	
15	16 Self Esteem workshop Collingwood historic walking tour 	17 18 BIS/MOD Annual Summer BBQ @ Woods Park Care Centre 	19	20	21	
22	23 Farmers Pantry Raspberry picking Wagon ride Mini golf 	24 25 PARK DAY Sunset Point Park Art in the Park BBQ lunch & Outdoor Games 	26	27	28	
29	30 Bowling @ Georgian Bowl Your Choice 	31 <p style="text-align: center;"><i>You can improve. You can get better. You can reach your goals.</i></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 July 2018

July 2nd: Happy Canada Day! BIS is closed.

July 4th: A backgammon tournament or your choice of game is on the agenda for this morning. Following lunch, we will take a taxi to Galaxy Cinemas for a matinee movie (movie and time to be determined). Arrange your ride to pick you up from the movie theater at 3pm located at 6 Mountain Rd, Collingwood.

July 9th: Please arrange your ride to drop you off by 10:00am at **45 Paterson Street, Collingwood** to join us for a fun morning of Lawn bowling, **Cost \$2.00 (Rain Location 76 First Street)**. Following Lawn Bowling, we will take a taxi to the Beaver and Bulldog for lunch (**\$10-\$15 for lunch**). **Please arrange your ride to pick you up from the Beaver and Bulldog located at 195 First Street, Collingwood.**

July 11th: 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. Following lunch, you will have the opportunity to create your own unique butter tart.

July 16th: We start the morning off with a self-esteem workshop. After lunch, we will join the Collingwood Walking Tour. The tour departs from 44 Hurontario Street at 1:30pm. Please arrange your ride to pick you up from 44 Hurontario street, Collingwood.

July 18th: Today is the Brain Injury Service/March of Dimes annual summer BBQ at **Woods Park Care Centre located at 110 Lillian Crescent, Barrie.** Hamburgers, hot dogs, salad, treats and drinks will be provided. Please remember to bring sunscreen and a hat. **Details on poster provided.**

July 23rd: Raspberry picking at Farmers Pantry is on the agenda for today! We will be meeting at Farmers Pantry, located at 788030 Grey Road 13, Clarksburg. Here, we will take a wagon ride to see the beautiful and scenery! Following our wagon ride we will pick our own raspberries, and finish the day with a game of mini golf! Cost \$7. **Please dress for the weather and arrange drop off and pick up at the Farmers Pantry 788030 Grey Road 13, Clarksburg.**

July 25th: Today we will spend the day at **Sunset Point Park St. Lawrence Street, Collingwood.** A special guest will be joining us this morning to assist us in painting an art piece. 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. We will have BBQ kabobs and fresh salad for lunch today! ***Please arrange your ride to pick you up and drop you off at Sunset Point Park St. Lawrence Street. Rain location 76 First Street.***

July 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. We will spend the afternoon outside at the bowling alley playing a game of your choice.

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.

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