

June 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
					01	02
03	04 Favourite Music Mexican Train 	05	06 Therapeutic Pilates Walk to the Olde Red Hen for Milkshakes 	07	08	09
10	11 Lawn Bowling Arts & Crafts 	12	13 Cultural Awareness Rummy/Jok-R-Uummy 	14	15	16
17	18 Bowling @ Georgian Bowl Mini Putt 	19	20 Shuffleboard Your Choice afternoon @ Leisure Time Club 	21	22	23
24	25 Sunset Point Park Day Barbeque Hamburgers Outdoor Games/walk 	26	27 Brain Injury Education: Hero's Journey 12pm Local Live Lunch downtown Collingwood 	28	29	30

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 June 2018

June 4th: We begin our morning listening to some of our favourite songs on Youtube. Following lunch, we will play a game of Mexican Train.

June 6th: 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 76 First street for lunch. Following lunch, we will walk to the Olde Red Hen for Milkshakes (Please bring money for a milkshake). Arrange your ride to pick you up from the Olde Red Hen – 146 Hurontario Street.

June 11th: 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 (if available), **Cost \$2.00 (Rain Location 76 First Street).** In the afternoon we will take a taxi back to 76 first street to design our own T-shirts!

June 13th: This morning we will explore cultural awareness and cultural sensitivity. We will gain an understanding of others and be open to the idea of changing culture and attitudes. We will become aware that differences exist between cultures. This afternoon will be your choice of Rummy or Jok-R-Uummy.

June 18th: 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.** You have the option to bring or purchase your lunch at the bowling alley today. In the afternoon we will play a game or two of mini golf! **Please bring a lawn chair if possible, and arrange your ride to pick you up from Georgian Bowl.**

June 20th: 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 with your choice of an activity.

June 25th: 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. We will play outdoor games such as bocce and ladder ball, and we will barbeque hamburgers for lunch. Please bring a lawn chair and a beverage. **Arrange your ride to pick you up and drop you off at Sunset Point Park St. Lawrence Street. Rain location 76 First Street.**

June 27th: This morning we will work together to learn about acquired brain injury through the workbook “Hero’s Journey”. We will then walk to the main street in Collingwood where a Local Live Lunch is being held. This event will feature local artists and lunch will be prepared by local restaurants. Please bring money for lunch and arrange your ride to pick you up from the Baked and Pickle located at 137 Hurontario Street.

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.