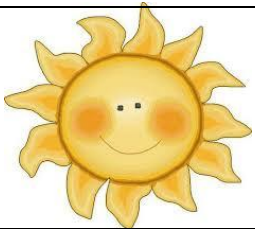










August 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
			01 Shuffleboard @ Leisure Time Club Lunch by the Lake @  Southern Comfort	02	03	04
05	06 BIS is Closed. Civic Holiday	07	08 Therapeutic Pilates Painting birdhouses 	09	10	11
12	13 Sunset Point Park Friends/Family BBQ Picnic Lunch 	14	15 Five Crowns Galaxy Cinemas Matinee Movie 	16	17	18
19	20  Skull Island Mini Golf Wasaga Beach & Nancy Island	21	22 Blue Mountain Village 10 000 Dice 	23	24	25
26	27 Lawn Bowling Sunset Point Park 	28	29 Brain Injury Education: Hero's Journey Boat Cruise 	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 August 2018

August 1st: Our morning will be spent at The Leisure Time Club – 100 Minnesota street, playing shuffleboard (\$2). **Arrange transportation to this location.** We will take a taxi to Southern Comfort, a wood-fire pizza food truck for lunch. Arrange your ride to pick you up from 45 Heritage Drive, Collingwood. **Bring \$15-\$20 for lunch and a lawn chair. Rain location Leisure Time Club.**

August 6th: BIS is closed for the Civic Holiday.

August 8th: 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 paint birdhouses after lunch!

August 13th: Today we will spend the day at Sunset Point Park for a Friends/Family BBQ. We will be having sausage on a bun with a salad. Please feel free to bring 1-2 family/friends for lunch. We will set up on the lake side to the left of the main washrooms/concession stand. Please bring a lawn chair & beverage . **Please RSVP by July 30th. Rain location 76 First Street.**

August 15th: Five Crowns 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 3:30pm located at 6 Mountain Rd.

August 20th: Early birds can meet us before **9:00 am** for breakfast at Sunset Grill located at **25 Stonebridge Boulevard, Wasaga Beach**. We will then walk to Skull Island Mini Golf for **10am, located at 104 Main Street, Wasaga Beach**. Following Mini Golf, we will take a taxi to **Nancy Island (119 Mosely Street Wasaga Beach)**. Please arrange your ride to pick you up from Nancy Island. Don't forget to bring your own picnic lunch, sun tan lotion, a lawn chair, a hat, water and \$8 for mini golf!

August 22nd: Off to the Village of Blue Mountain today! We will spend the morning looking around the shops of the village and completing a scavenger hunt! We will find a picnic table nearby where we will eat lunch and play one of our favourite games of 10 000 dice. **You have the option to bring your own picnic lunch or buy your lunch at the village. Arrange your ride to drop you off and pick you up at the front entrance of the Blue Mountain Village, located at 156 Jozo Weider Blvd, The Blue Mountains.**

August 27th: 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 lunch, we will take a taxi to Sunset Point Park for outdoor water activities (ex. water balloon toss). Ponchos will be provided to keep you dry! **Arrange your ride to pick you up from Sunset Point Park St. Lawrence Street.**

August 29th: Hero's Journey, a brain injury education workbook is on the agenda for this morning. Following lunch, we will walk to the harbor for a sightseeing boat tour. **The boat leaves at 1:30pm, 1.5 hours, and the cost is \$30/person. Please arrange your ride to pick you up from the docks at Hurontario St. & Sidelaunch Way at 3pm.**

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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