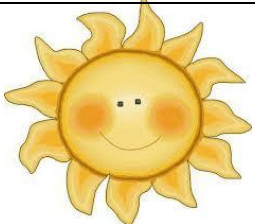










## August 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
			<b>01</b> Shuffleboard @ Leisure Time Club  Lunch by the Lake @  Southern Comfort	<b>02</b>	<b>03</b>	<b>04</b>
<b>05</b>	<b>06</b> <b>BIS is Closed. Civic Holiday</b>	<b>07</b>	<b>08</b> Therapeutic Pilates  Painting birdhouses 	<b>09</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Sunset Point Park Friends/Family BBQ Picnic Lunch  	<b>14</b>	<b>15</b> Five Crowns  Galaxy Cinemas Matinee Movie  	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	  Skull Island Mini Golf Wasaga Beach & Nancy Island	<b>21</b>	<b>22</b> Blue Mountain Village  10 000 Dice 	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Lawn Bowling  Sunset Point Park 	<b>28</b>	<b>29</b> Brain Injury Education: Hero's Journey  Boat Cruise 	<b>30</b>		

**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 1<sup>st</sup>:** 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 6<sup>th</sup>:** **BIS is closed for the Civic Holiday.**

**August 8<sup>th</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 paint birdhouses after lunch!

**August 13<sup>th</sup>:** **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 30<sup>th</sup>. Rain location 76 First Street.**

**August 15<sup>th</sup>:** 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 20<sup>th</sup>:** 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 22<sup>nd</sup>:** 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 27<sup>th</sup>:** 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 29<sup>th</sup>:** 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](http://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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Simcoe Nord Muskoka