








## October 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<b>01</b> Wii Games  Your choice  	<b>02</b>	<b>03</b> Shuffleboard @ Leisure Time Club  Crossword puzzles  	<b>04</b>	<b>05</b>	<b>06</b>
<b>07</b>	<b>08</b> <i>Happy Thanksgiving</i> BIS is closed today. 	<b>09</b>	<b>10</b> Farmers Pantry - apple picking - wagon ride - mini golf  	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Walk & talk around the block  Bake an apple treat  	<b>16</b>	<b>17</b> Fall craft  Dice  	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Georgian Bowl  Sorry or Mexican Train  	<b>23</b>	<b>24</b> Therapeutic Pilates  The Smoke lunch outing  	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Skipbo  Healthy You: Power of being Positive  	<b>30</b>	<b>31</b> <b>HAPPY HALLOWEEN</b> Costume contest Mummy meat loaf lunch Pumpkin painting  			

**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 October 2018

**October 1<sup>st</sup>:** This morning we get active with Wii Games! Baseball, bowling, tennis, and more! After lunch it is your choice of activity for the afternoon!

**October 3<sup>rd</sup>:** Our day will be spent at The Leisure Time Club – 100 Minnesota street, playing shuffleboard (\$2). **Arrange transportation to and from this location.** Crosswords and/or a word search is on the agenda for the afternoon.

**October 8<sup>th</sup>:** **HAPPY THANKSGIVING! BIS is closed today.**

**October 10<sup>th</sup>:** Today we will enjoy a fun Fall day in October! **We will be meeting at Farmers Pantry, located at 788030 Grey Road 13, Clarksburg.** Here, we will have a tour on a wagon ride to see the beautiful fall colours and scenery! Following our wagon ride we will pick our own apples, 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.**

**October 15<sup>th</sup>:** Walk and talk around the block is the plan for this morning! Following lunch, we will make a delicious apple treat of your choice using the fresh apples we picked at the farm last week!

**October 17<sup>th</sup>:** A fall leaf craft begins our morning today! Following lunch, we will play a group favourite game of dice - 10 000 or 30, it is your choice!

**October 22<sup>nd</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 \$7.90 for one game – includes shoe rental. Arrange your ride to drop you off at Georgian Bowl at 10am.** We will take a **taxi back to our program site at noon** and play Sorry and Mexican Train in the afternoon.

**October 24<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 take a taxi from Pilates (around 11am) to The Smoke for lunch. **Please arrange your ride to pick you up from The Smoke located at 498 First Street, Collingwood.**

**October 29<sup>th</sup>:** We begin the morning playing the card game Skipbo. Following lunch, our monthly Healthy You activity is on the agenda. This month we will learn about the power of being positive!

**October 31<sup>st</sup>:** Happy Halloween! Today we will celebrate Halloween with a costume contest, painting pumpkins, and making mummy meatloaf for lunch! Please wear your best Halloween costume!

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 - 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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