










# November 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
				1	2	3
<p>"If you ever find yourself doubting you can make it through a challenge, simply think back to everything you've overcome in the past." – Karen Salmansohn</p>						
4	5	6	7	8	9	10
<p>Clock's go back one hour</p> 	<p>Falls Prevention – Jeopardy</p> <p>Rice Crispy Treat Making</p> 		 <p>Self Discovery</p> <p>Quiddler</p>			
11	12	13	14	15	16	17
<p>Remembrance Day</p> 	 <p>Coping Strategies Workshop</p> <p>Pictionary</p>		<p>Shuffleboard @ Leisure Time Club</p> <p>Card Games</p> 			
18	19	20	21	22	23	24
	<p>Bowling @ Georgian Bowl</p> <p>Your Choice</p> 		 <p>Therapeutic Pilates</p> <p>Arts and Crafts</p>			
25	26	27	28	29	30	
	 <p>Minute to Win It</p> <p>Wizard</p>		<p>Backgammon Tournament</p> <p>Lunch Outing - Swiss Chalet</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 November 2018

**November 5<sup>th</sup>:** This month is Falls Prevention Month! We will start our morning with a game of jeopardy that will help educate us on how we can prevent ourselves from a fall. This afternoon we will be making delicious rice crispy treats to enjoy.

**November 7<sup>th</sup>:** This morning we will begin our day with an education session focused on Brain Injury and Self Discovery. Lunch will be followed by a competitive afternoon of Quiddler.

**November 12<sup>th</sup>:** This morning we will start off our day with a workshop on Coping Strategies. In the afternoon we will be playing Pictionary.

**November 14<sup>th</sup>:** Our day will be spent at The Leisure Time Club – 100 Minnesota Street, playing shuffleboard (\$2). **Please arrange transportation to and from this location.** Card games are on the agenda for the afternoon.

**November 19<sup>th</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 after 10am.** We will take a **taxi back to our program site at noon** for your choice of activity or game for this afternoon.

**November 21<sup>st</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 or Taxi to our program site (weather depending) to get creative with some Arts and Crafts this afternoon.

**November 26<sup>th</sup>:** This morning we will be challenging our skills with a fun and exciting Min It to Win it Activities. This afternoon we will have a friendly game of Wizard.

**November 28<sup>th</sup>:** This morning we will be having a Back Gammon Tournament before we take a taxi to Swiss Chalet for lunch. **Please arrange your ride to drop you off at 76 First Street (regular location) and pick you up from Swiss Chalet located at 440 First Street, Collingwood.**

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 – Shannon ext 234 or 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.**

