


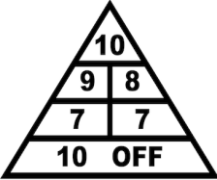







December 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
2	3  Group Crosswords Mexican Train	4	5 Therapeutic Pilates Bingo 	6	7	8
9	10 Meditation Chess or Checkers 	11	12  Shuffleboard @ Leisure Time Club Jok-R-Uummy	13	14	15
16	17  Holiday Blues Workshop Holiday Lunch Holiday Card Making	18	19 Wii Games Cookie Decorating 	20	21 1 st Day of Winter 	22
23	24 Your Choice Games BIS will be closing @ 2pm 	25	26  BIS is Closed Happy Holidays!	27	28	29
30	31  BIS is Closed Happy Holidays!	<p>"If you believe it will work out, you will see opportunities. If you believe it won't, you will see obstacles." – Wayne Dyer</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 December 2018

December 3rd: This morning we will begin our day with group crosswords. In the afternoon we will playing a group favourite game of Mexican Train.

December 5th: 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 enjoy an afternoon of Bingo.

December 10th: Today we will start our day with a relaxing morning of Mindful Meditation. After lunch our afternoon will consist of a friendly Chess/Checkers tournament.

December 12th: Our day will be spent at The Leisure Time Club – 100 Minnesota Street, playing shuffleboard (\$2). **Please arrange transportation to and from this location.** Jok-R-Uummy is on the agenda for the afternoon.

December 17th: We will start our morning with a workshop on Holiday Blues learning how to manage stress over the Holiday Season. We will then enjoy a delicious holiday meal for lunch followed by an afternoon of making Holiday Cards.

December 19th: This morning we get active with Wii Games! Baseball, bowling, tennis, and more! After lunch we will be getting festive and decorating gingerbread cookies.

December 24th: **BIS will be open for a half day.** Come join us for fun games and activities of your choice before we part ways for the Holidays. **Our day will end at 2pm.**

December 26th: **BIS is CLOSED. Happy Holidays!**

December 31st: **BIS is CLOSED. Happy Holidays!**

We Will Return From Holidays Wednesday January 2nd 2019

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

NOTE: Participants must be independent with transportation and personal support requirements; as one to one Assistance is not available.

