







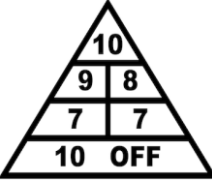


## January 2019 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
		1	2  Technology & Computers Pool Tournament	3	4	5
<p>“Attitude is a little thing, that makes a big difference” – Winston Churchill</p>						
6	7 Giant Crosswords Wii Games 	8	9 Therapeutic Pilates Sorry Fire & Ice Edition 	10	11	12
13	14  Georgian Bowl Bentley's Sandwiches & Pouterie	15	16  Zen Day Meditation Colouring Self Exploration	17	18	19
20	21 Quiddler Movie & Popcorn 	22	23 Guest Speaker: Cannabis Talk Pancakes & Sausage 	24	25	26
27	28  Program Planning ABI Education Mexican	29	30  Shuffleboard @ Leisure Time Club Brain Power	31		

**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 January 2019

**January 2<sup>nd</sup>: Happy New Year and Welcome Back!** To start up 2019 we will have a discussion on technology and computers. Feel free to bring in any questions you may have regarding your technology devices. Following lunch we will get the pool cues out and fire up a pool tournament.

**January 7<sup>th</sup>:** This morning we will get our thinking caps on and work together to complete a Giant Group Crossword Puzzle. This afternoon we will be up and active playing Wii Games.

**January 9<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 or Taxi to our program site (weather depending). After lunch we will be playing a friendly game of everyone's favourite board game Sorry Fire & Ice Edition!

**January 14<sup>th</sup>:** Arrive at 10am to join us for a fun morning of bowling at **Georgian Bowl – 832 Hurontario Street Collingwood.** We will start our first game at 10:15. **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 to Bentley's Sandwiches & Pouterie** for a delicious lunch and some quiet games.

**January 16<sup>th</sup>:** Come join us for a relaxing day full of Zen! We will be channeling our inner selves through meditating, adult colouring and participating in a self discovery activity.

**January 21<sup>st</sup>:** This morning we get thinking with a game of Quiddler. Let's see what wacky creative words we can come up with today! After lunch we will enjoy a movie of your choice accompanied with some delicious popcorn.

**January 23<sup>rd</sup>:** Join us this morning as we get educated on the topic of Cannabis. We have Leah Simon Public Health Nurse coming in to present for us. After our guest speaker we will then be making pancakes and sausages to enjoy before an afternoon of your choice of games.

**January 28<sup>th</sup>:** Today we start our morning with some program planning. Please bring in and share an ideas you may have or activities that you would like to be put on the calendar. We'll start off our day with some ABI education. Followed by lunch we will have a fun and friendly game of Mexican Train. Who will leave a champion with bragging rights this time?

**January 30<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.** After lunch we will be participating in some brain power.

### Brain Injury Services – Collingwood Adult Day Program 8:30am-3:30pm

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.**

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