




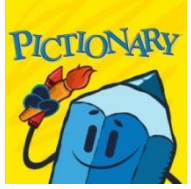




February 2019 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
3	4 Bingo Beef Stew & Chocolate Chip Muffins 	5	6 Art Project Joke-R-Uummy 	7	8	9
10	11  Georgian Bowl Your Choice	12	13  Mexican Train St. Louis Bar & Grill	14	15	16
17	18  BIS IS CLOSED TODAY	19	20 Therapeutic Pilates Pictionary 	21	22	23
24	25  ABI Education Panini Sandwiches & Soup	26	27  Shuffleboard @ Leisure Time 10,000 Dice	28		

Social Time
9am-10am
We begin our morning with socializing with peers catching up on current events, over a cup of coffee or tea!

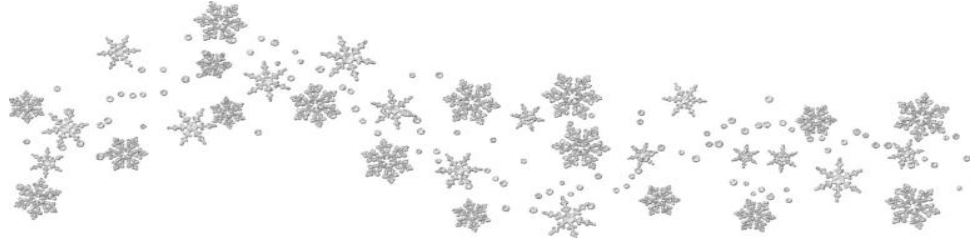
Exercise
10am
VON Smart Exercise Program
“A gentle, low impact **program** that aims to improve strength, flexibility, mobility and balance”.

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.

“It’s not whether you get knocked down, it’s whether you get up” – Vince Lombardi



Collingwood Adult Day Services for February 2019

February 4th: Come join us for some fun and prizes as we play Bingo. Following Bingo we will be getting busy in the kitchen making some delicious beef stew and chocolate chip muffins.

February 6th: Let's get crafty! Bring your creativity and artistic skills. This morning we will start off our day with an art project. After Lunch we turn up the competition with some Joke-R-Ummy.

February 11th: 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 lunch. After lunch is your choice of activity or game for this afternoon.

February 13th: Today we begin our morning with a friendly game of Mexican Train. We will then take a taxi to St. Louis Bar and Grill for lunch and games. **Please arrange your ride to drop you off at 76 First Street (regular location) and pick you up from St. Louis Bar and Grill located at 10 Balsam Street, Collingwood.**

February 18th: Family Day BIS is CLOSED for the day!

February 20th: 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 Pictionary. Bring your imagination and artistic drawing skills.

February 25th: We begin our day ABI education. Following ABI Education we will get busy in the kitchen. Today on the menu we have Panini Sandwiches and soup. After lunch we will have your choice of game or activity.

February 27th: Our day will be spent at The Leisure Time Club – 100 Minnesota Street, playing shuffleboard (\$2). **Please arrange transportation to and from this location.** 10,000 Dice is on the agenda for the afternoon. Let's see who will leave our lucky winner today!

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.