

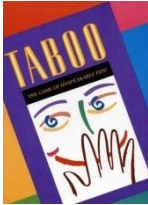


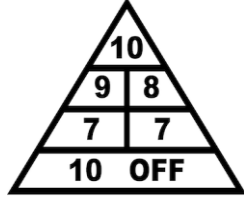




## March 2019 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
3	4  Phase 10 Sorry Fire & Ice	5	6  Therapeutic Pilates Mexican Train	7	8	9
10	11 Taboo Telestrations 	12	13 Bread Making Giant Sequence 	14	15	16
17	18  Library for Jok R Umy A&W Movie Theatre	19	20  Shuffle Board @ Leisure Time Club Skip-Bo	21	22	23
24	25 Bingo Quiddler 	26	27 Guest Speaker: Cannabis Talk 10,000 Dice 	28	29	30

**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 March 2019

**March 4<sup>th</sup>:** We will start the month of March with the card game Phase 10. Following lunch we will be playing a group favourite game of Sorry Fire and Ice Edition. Who will be our champion and leave with bragging rights this time?

**March 6<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 Mexican Train.

**March 11<sup>th</sup>:** To start the day we will be playing the word guessing game Taboo. After lunch we will be putting our drawing skills to the test as we play Telestrations.

**March 13<sup>th</sup>:** Q: What does bread do after its done baking? A: Loaf around! We won't be loafing around today but we will be making loafs. This morning we will be getting busy in the kitchen making bread. After lunch we will be playing Giant Sequence.

**March 18<sup>th</sup>:** **Meet at the Collingwood Library 10:00am – 55 Ste Marie St. Collingwood (they open at 10:00am)** We will then taxi over to the Galaxy Cinemas plaza for lunch at A&W and walk to see a movie. **Please arrange for your ride to pick you up from the Galaxy Cinemas located at - 6 Mountain Road Collingwood by 3:15/3:30.**

**March 20<sup>st</sup>:** Happy First Day of SPRING! Today our day will be spent at The Leisure Time Club – located at 100 Minnesota Street. We will be playing shuffleboard at a cost of (\$2). **Please arrange transportation to and from this location.** After lunch we will be playing the card game Skip-Bo.

**March 25<sup>th</sup>:** Join us for some fun and prizes with BINGO! After lunch we will get our thinking caps on as we play the word game Quiddler. Let's see what funny words we can create today.

**March 27<sup>th</sup>:** This morning we will be getting educated on the topic of cannabis. Join us as we have a guest speaker from the Simcoe Muskoka District Health Unit to speak with us about what you need to know about cannabis. After lunch we will be playing 10,000 Dice to end off our day.

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.**

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