










## April 2019 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<p>1</p> <p>Jokes</p> <p>Meat Pie</p> <p>Favourite Music</p> 	2	<p>3</p>  <p>Brain Power</p> <p>Sorry</p>	4	5	6
7	<p>8</p>  <p>5 Crowns</p> <p>30 or 10,000 Dice</p>	9	<p>10</p> <p>Therapeutic Pilates</p> <p>Egg Smart</p> 	11	12	13
14	<p>15</p> <p>Chocolate Making</p> <p>One Eyed Jack</p> 	16	<p>17</p>  <p>Leisure Time Club</p> <p>Tri-Bond</p>	18	19	20
21	<p>22</p>  <p>Happy Easter!</p> <p>BIS is CLOSED</p>	23	<p>24</p> <p>Art</p> <p>Community Walk</p> 	25	26	27
28	<p>29</p> <p>Georgian Bowl</p> <p>Mexican Train</p> 	30	<p>"If you find yourself doubting you can make it through a challenge, simply think back to everything you've overcome in the past."</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 April 2019

**April 1<sup>st</sup>:** Have you heard the joke about butter? I butter not tell you, it might spread. Happy April Fool's Day! Bring in your best knock-knock jokes or appropriate one liner jokes. This morning we start off our day sharing laughs and exchanging jokes. We will then get busy in the kitchen before sitting down and enjoying meat pies for lunch. After lunch we will be tuning into our favourite music.

**April 3<sup>rd</sup>:** Bring your thinking caps! Brain Power is on the agenda today. After lunch we will break out everyone's favourite game Sorry Fire & Ice Edition. Who is going to claim the champion title today?

**April 8<sup>th</sup>:** This morning we start off our day with the rummy style card game 5 Crowns. After lunch we will get the dice rolling with an afternoon of 30 or 10,000 dice.

**April 10<sup>th</sup>:** Pilates is on the agenda this morning. **Please arrange for your ride to drop you off at Therapeutic Pilates – 69 First Street, between 9:45am and 10am.** We will then walk over to Eggsmart for lunch. After we eat we will walk or taxi back to our program site (weather depending) for an afternoon of your choice of activity or game.

**April 15<sup>th</sup>:** Fun fact of the day: It takes 400 cocoa beans to make one pound of chocolate. If you love chocolate you are in for a treat as we make our own chocolate this morning. Following lunch we will be learning a new game called One-Eyed-Jack.

**April 17<sup>th</sup>:** 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 board game Tri-Bond.

**April 22<sup>nd</sup>:** **Happy Easter! BIS is closed today.**

**April 24<sup>th</sup>:** Arts and crafts are on the agenda for today. This morning we will be decorating masks as part of the unmasking brain injury project. The mission of Unmasking Brain Injury is to promote awareness of the prevalence of brain injury; to give survivors a voice and the means to educate others of what it's like to live with a brain injury; to show others that persons living with a disability due to their brain injury are like anyone else, deserving of dignity, respect, compassion and the opportunity to prove their value as citizens in their respective communities. After lunch we will partake in a community walk weather depending.

**April 29<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 back to our regular program site for lunch and an afternoon of Mexican Train.

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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