


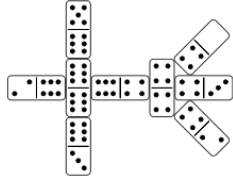



Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
			1 <b>Cognitive Skills Work Sheet</b>  10,000 Dice	2	3	4
5	6 <b>Your Choice Surprise Lunch Meditation</b>  	7	8   <b>Therapeutic Pilates</b>  St. Louis Bar and Grill	9	10	11
12 Mother's Day	13  <b>Jok-R-Uummy</b>  Fear in the Hat	14	15 <b>Leisure Time Club Shuffle Board</b>  10,000 Dice	16	17	18
19	20 <b>Victoria Day</b>  BIS is CLOSED	21	22   <b>Quiddler</b>  Chicken Foot	23	24	25
26	27  <b>Sun Set Point BBQ</b>  Outdoor Games	28	29 <b>T-Shirt Making</b>  Community Walk	30	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 May 2019

**May 1st:** To start off the month of May we will be working on some cognitive skills work sheets. After Lunch we will get the dice rolling for a game of 10,000 dice.

**May 6th:** Today we will be enjoying a surprise home cooked meal prepared by one of our own participants. The morning will be filled with your choice of activity. Following lunch we will be getting into meditation.

**May 8th:** 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 take a taxi from Pilates (around 11am) to St. Louis Bar and Grill for Lunch. **Please bring money for lunch and arrange your ride to pick you up from St. Louis Bar and Grill located at 10 Balsam Street, Collingwood.**

**May 13th:** Today our day begins with Jok-R-Uummy. Following lunch we will be doing Fear In A Hat. Fear in a hat will provide an opportunity to discuss anonymous issues or concerns that people may have without any judgment.

**May 15th:** Our day will be spent at **The Leisure Time Club – 100 Minnesota street**, playing shuffleboard (\$2). **Arrange transportation to and from this location.** 10,000 Dice is on the agenda for the afternoon.

**May 20th:** Happy Victoria Day! **BIS is CLOSED today.**

**May 22nd:** This morning we will playing the card game Quiddler. Let's see what words we can come up with today! Following lunch we will be playing the domino game chicken foot.

**May 27th:** **Today we will spend the day at Sunset Point Park St. Lawrence Street, Collingwood.** We will be having jumbo hot dogs with a salad and chips for lunch. We will set up on the lake side to the left of the main washrooms/ concession stand. Please bring a lawn chair & beverage. ***Please arrange your ride to pick you up and drop you off at Sunset Point Park St. Lawrence Street. (Rain location 76 First Street Collingwood).***

**May 29th:** This morning we will be getting creative, designing and decorating T-shirts. Following lunch (weather depending) we will be going out into the community to enjoy a walk.

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 Pillsworth ext 234 or Beverley Belcher-Besenyodi 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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