


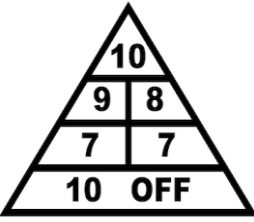






June 2019 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
2	3  Origami in the Park Dice Outdoor Walk	4	5 Therapeutic Pilates Yahtzee 	6	7	8
9	10 Your Choice Beaver and the Bull Dog Patio 	11	12  Leisure Time Club Shuffleboard Sorry	13	14	15
16	17  Elmvale Zoo	18	19 Salute to Summer Party Summer Activities 	20	21	22
23	24 Brain Power McDonalds Ice Cream And walk 	25	26  Sun Set Point BBQ Outdoor Games	26	27	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.

Collingwood Adult Day Services for June 2019

June 3rd: We will start the month of June at Sunset Point Park. We begin the morning with Origami in the park followed by a game of dice. After lunch we will be going for an afternoon walk through the park. **Please have your ride arrange to drop you off and pick you up from Sunset Point (St. Lawrence Street Collingwood) Rain location (Collingwood Youth Centre – 76 First Street)**

June 5th: We begin our day with Therapeutic Pilates. **Please have your ride drop you off at Therapeutic Pilates located at (69 First Street for 10am).** Following Therapeutic Pilates we will walk back or taxi (weather depending) to our program site. We will then have lunch before an afternoon of Yahtzee.

June 10th: This morning we begin our day with your choice of game or activity. We will then taxi from our program site to the Beaver and Bulldog for lunch and games. **Please have your ride arrange to pick you up from (195 First Street Collingwood.)**

June 12th: Today we are spending our day at **Leisure Time Club Located at (100 Minnesota Street, Collingwood.) Please bring \$2 to cover the cost of shuffleboard.** Following shuffleboard we will break for lunch before we end off our day with the game SORRY! Who will leave a Sorry Champion today?

June 17th: Today we will be spending our day at the Elmvale Zoo! **Admission will be a cost of \$20 taxes included. (The Zoo opens at 10am.) Please have your Ride drop you off for 10am at (14191 Simcoe County Road).** Rain location will be Bishop Park in Elmvale located at 41 Amelia Street.

June 19th: Today we salute to summer. We will be celebrating the start of Summer with a variety of games and activities all day long. Please bring your lunch along with a waterbottle, hat, sunscreen and a lawn chair. Have your ride drop you off and pick you up at Sunset Point Park **(St. Lawrence Street Collingwood) Rain location (Collingwood Youth Centre – 76 First Street)**

June 24th: This morning we will begin our day with Brain Power. We will then break for lunch before taking a Taxi to McDonalds for ice cream. Walking on the trail behind McDonalds is an option. **Please bring money to cover the cost of ice cream. Have your ride arrange to pick you up from McDonald's located at (285 First St, Collingwood)**

June 26th: Today we will be spending our day at Sunset Point Park. We will be barbequing and enjoying a variety of outdoor games. **Please bring a water bottle, hat, sunscreen and lawn chair. Have your ride arrange to drop you off and pick you up from Sunset Point (St. Lawrence Street Collingwood) Rain location (Collingwood Youth Centre – 76 First Street)**

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

NOTE: Participants must be independent with transportation and personal support requirements; as one to one assistance is not available.

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