



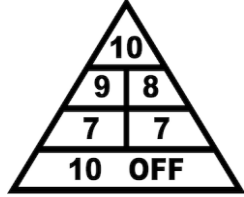




August 2019 - Collingwood Adult Day Services

| Sun | Monday | Tue | Wednesday | Thu | Fri | Sat |
|-----|---|-----|--|-----|-----|-----|
| 4 | 5 Civic Holiday BIS is Closed! | 6 | 7 Your Choice Local Live Lunch  | 8 | 9 | 10 |
| 11 | 12  Giant Crosswords 5 Crowns | 13 | 14  Family BBQ Outdoor Games | 15 | 16 | 17 |
| 18 | 19 Brain Power Matinee Movie A&W  | 20 | 21 Leisure Time Collingwood Museum  | 22 | 23 | 24 |
| 25 | 26  Sunset Point Park Art in the Park Outdoor Games | 27 | 28  Lawn Bowling Quiddler | 29 | 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 August 2019

August 5th: BIS is Closed for the August Civic Holiday.

August 7th: This morning we start our day with your choice of game. We will then taxi to **Sheffer Court – for Local Live Lunch** located at **(186 Hurontario Street.)** You may bring or purchase your lunch on site from a featured restaurant, then sit back, relax and listen to great live local music on the 95.1 Peak FM Northern Tracks Stage! Please have your ride pick you up from this location – **(186 Hurontario Street)**

August 12th: This morning we get our thinking caps on for **Giant Crosswords.** After lunch we will be playing the card game **5 Crowns.** Please have your ride drop you off and pick you up from our program site. **(76 First Street.)**

August 14th: Family and Friends Welcome! Come on out to **Sunset Point Park (St. Lawrence Street)** for a Barbeque and day full of outdoor games. We will set up on the lake side to the left of the main washrooms/ the chipper concession stand. Please bring a hat, lawn chair & a beverage. Hot Dogs and Burgers will be provided. **(Rain location - 76 First Street Collingwood).**

August 19th: This morning we start our day at our program site with **Brain Power.** Please have your ride drop you off at **(76 First Street.)** We will then Taxi to **A&W for Lunch** before we walk to **Galaxy Cinemas** for a Matinee Movie. Movie will be determined closer to the date. Please arrange your ride to pick you up from **(6 Mountain Road.)**

August 21st: Our day will be spent at **The Leisure Time Club** located at **(100 Minnesota street)** for a morning of shuffleboard. Please bring (\$2) to cover the cost. After lunch we will walk to the **Collingwood Museum.** We will spend the afternoon touring the museum. Please have your ride arrange to pick you up from the Collingwood Museum located at **(45 St. Paul Street.)**

August 26th: Today we will spend the day at **Sunset Point Park (St. Lawrence Street.)** We will set up on the lake side to the left of the main washrooms/ concession stand. Please bring a hat, lawn chair & beverage. We will have a morning of art in the park. You may bring a lunch or bring money to purchase a lunch. Following lunch we will have an afternoon walk and games. Please arrange your ride to pick you up and drop you off at Sunset Point Park. **(Rain location - 76 First Street Collingwood).**

August 28th: Join us for a fun morning of Lawn Bowling. Please have your ride drop you off for 10am at **(45 Paterson Street.)** Cost of Lawn Bowling will be (\$2). After lawn Bowling we will taxi back to our program site for lunch and an afternoon of **Quiddler.** Please have your ride pick you up from our program site located at **(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.