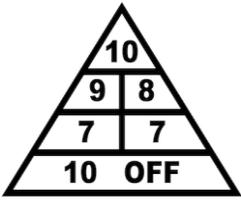
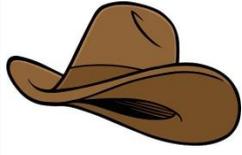


October 2019 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<p>"Autumn shows us how beautiful it is to let things go." – Unkown</p> 	1	2  Sunset Point Park Mexican Train Waterfront Walk	3	4	5
6	7 Phase 10 Fish and Sips Lunch Outing 	8	9 Brain Power Your Choice 	10	11	12
13	14  Happy Thanks Giving! BIS is Closed	15	16  Favourite Music Sing-A-Long Quiddler	17	18	19
20	21 Community Walk Jok-R-Uummy 	22	23 Leisure Time Club Friendship Park 	24	25	26
27	28  Georgian Bowl Self-Discovery	29	30  Country Western Theme Day Western Sandwiches Line Dancing Cupcake Decorating	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 October 2019

October 2nd: Sunset Point Park is on our agenda for today. Please have your ride drop you off and pick you up from this location (**St. Lawrence Street.**) We will set up in our usual spot to the left of the Chipper Stand. Please bring a hat, beverage, lawn chair and a lunch. Our Morning will be spent playing the domino **Mexican Train** game. Followed by lunch will be an **Afternoon Walk** along the waterfront. (**Rain Location 76 First Street**) Dress in Layers!

October 7th: We are playing the Rummy style card game **Phase 10** this morning. After a morning of Phase 10 we will be Taxiing to **Fish and Sips** restaurant for Lunch and games. Please have your ride drop you off at (**76 First Street**) and pick you up from (**206 Hurontario Street**)

October 9th: This morning we have **Brain Power** on our agenda. Let's put our thinking caps on and work together to solve some thinking problems. We will then break for lunch before getting into an afternoon of **Your Choice**. Please have your ride drop you off and pick you up from (**76 First Street**).

October 14th: Happy Thanks Giving! BIS is closed today.

October 16th: Get your singing voices ready! We will get the tunes pumping to start our day with some **Favourite Music**. We will then break for lunch before an afternoon of **Quiddler**. Please have your ride drop you off and pick you up from (**76 First Street**).

October 21st: Happy first day of Autumn! Bring your walking shoes and dress in layers. To start the Fall season off we are going for a **Community Walk** (weather permitting). This afternoon we have **Jok-R-Uummy** on our agenda. Please have your ride drop you off and pick you up at (**76 First Street**).

October 23rd: Today we meet at **Leisure Time Club** for some morning **Shuffleboard**. Please bring in \$2 to cover the cost of shuffleboard. After lunch will be **Your Choice** in Friendship Park (weather permitting) dress in layers. Please have your ride drop you off and pick you up from (**100 Minnesota Street**)

October 28th: Meet us at **Georgian Bowl** for 10am. Please bring \$14 to cover the cost of shoe rental and 2 games of Bowling. We will taxi back to our program site for lunch before an afternoon of **Self Discovery**. Please have your ride drop you off at (**832 Hurontario Street**) and pick you up from (**76 First Street**)

October 30th: In the spirit of Halloween we are having a **Country and Western Theme Day!** Bring your dancing shoes and come dressed in your best Country Western outfit. There will be Prizes for best costume, best line dancer, and the most spirited. For lunch we are making toasted ZZwestern sandwiches. After lunch we are cupcake decorating. Please have your ride drop you off and pick you up from (**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 ext 234 or Beverley 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.

