


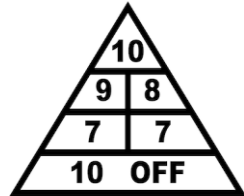
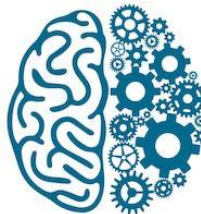





November 2019 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
3	4 Fire Hall Tour 10,000 Dice 	5	6 Falls Prevention Jeopardy Mexican Train 	7	8	9
10	11  Remembrance Day Parade Legion Lunch	12	13  Leisure Time Quiddler	14	15	16
17	18 Brain Power Fig and Feta 	19	20 Jok-R-Uummy Soup & Sandwiches 	21	22	23
24	25  Georgian Bowl Giant Crosswords	26	27  All Day Monopoly Madness	28	29	30

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 November 2019

November 4th: We start the month of November off with a **Collingwood Fire Hall Tour**. You can choose to meet us at the Youth Centre no later than 10am and we will Taxi over to the Fire Hall or you can meet us for 10:30 at the Fire Hall located at (45 High Street). After our tour we will head back to the Youth Centre for Lunch followed by an afternoon of **10,000 Dice**.

November 6th: November is **Falls Prevention Month**. This morning we are playing Jeopardy and our theme is... you guessed it Falls Prevention! After lunch will be an afternoon of the dominos game **Mexican Train**. Please have your ride drop you off and pick you up from (76 First Street)

November 11th: Lest We Forget! Today is **Remembrance Day**. We are going to attend the **Collingwood Remembrance Day Parade and Service**. After the Service the Legion will be putting on a FREE Lunch. We will meet at the Collingwood Youth Centre and return after lunch for your choice of activity. Please have your ride drop you off and pick you up from (76 First Street)

November 13th: We spend our day at **Leisure Time Club**. **Shuffleboard** is on our agenda. After shuffleboard we break for lunch followed by an afternoon of the spelling game **Quiddler**. Please bring **(\$2)** to cover the cost of Shuffleboard and have your ride drop you off and pick you up from (100 Minnesota Street Collingwood)

November 18th: Today we start off with **Brain Power**. Let's put our heads together and work through some problem solving puzzles. After we work our brains we will Taxi over to the **Fig and Feta** located at (65 Hurontario Street) for lunch. After lunch we will taxi back to the Youth Centre for your choice in game. Please have your ride drop you off and pick you up from (76 First Street)

November 20th: We start our day with **Jok-R-Uummy**. Who will complete their 7 missions first? For lunch we are making soup and sandwiches. After lunch will be your choice in game or activity.

November 25th: Meet us at **Georgian Bowl** for 10am. The bowling alley opens at 10 and we will promptly start our game at 10:10. 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 **Giant Crosswords**. Please have your ride drop you off at (832 Hurontario Street) and pick you up from (76 First Street)

November 27th: Today is **Monopoly Madness!** Join us for a full day of fun and Monopoly. Please have your ride drop you off and pick you up from (76 First Street).

Brain Injury Services – Collingwood Adult Day Services

Main Location: 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.

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