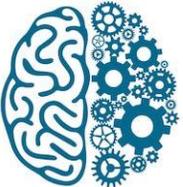
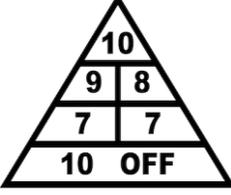


December 2019 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
1	2  Brain Power 10,000 Dice	3	4  Lynx Bus Georgian Mall Food Court Lunch Holiday Shopping	5	6	7
8	9 Georgian Bowl Jok-R-Uummy 	10	11 Leisure Time Club Shuffleboard Skip-Bo 	12	13	14
15	16  Taboo Cookie Decorating	17	18  Winter Blues Workshop Swiss Chalet	19	20	21
22	23 Holiday Lunch Holiday Movie 	24	25 Happy Holidays! BIS is closed 	26	27	28
29	30  Happy Holidays! BIS is closed	31	 "We are all like snowflakes, unique and one of a kind." – unknown			

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 December 2019

December 2nd: It's **Brain Power** on our agenda for this morning! After we work our brains we will fuel them back up with lunch before getting into a game of **10,000 Dice**. Who will be our lucky roller today? Please have your ride drop you off and pick you up from (76 First Street).

December 4th: The Holidays are coming! Today we are using the **Lynx Bus** to get from Collingwood into Barrie. Once in Barrie we will taxi from the Barrie terminal up to the **Georgian Mall for Lunch and Shopping**. After we have had lunch and the opportunity to tour around the mall, we will taxi back to the terminal and make our way back to Collingwood using the Lynx Bus. Please bring enough cash to cover the cost of transportation, lunch and shopping. We catch our first bus at (9am at Pine and Third Street in Collingwood) and plan to return to that location for 3pm. Please meet us at the Bus stop for 9:00am or come to the Youth Centre no later than 8:30am and we will walk to the Bus stop.

December 9th: Meet us at **Georgian Bowl** for 10am. The bowling alley opens at 10am and we will promptly start our game at 10:10am. 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 **Jok-R-Ummy**. Please have your ride drop you off at (832 Hurontario Street) and pick you up from (76 First Street).

December 11th: Today we spend our day at the **Leisure Time Club**. Our morning will be spent playing **Shuffleboard**. After lunch we will get into a game of **Skip-Bo**. Please bring (\$2) to cover the cost of shuffleboard and have your ride drop you off and pick you up from (100 Minnesota street).

December 16th: Everybody loves baked goods! In the spirit of the Holidays today we are decorating **Holiday Cookies**. After lunch we have the word guessing game **Taboo** on our agenda. Please have your ride drop you off and pick you up from (76 First Street).

December 18th: Let's Beat the Winter Blues! Winter can be a depressing time for many. The days are short, cold and the snow and ice can make it difficult to get around. Today we will spend some time learning how to make the winter months a little easier with a **Winter Blues Workshop**. We will then taxi to **Swiss Chalet** for lunch and an afternoon of games. Please have your ride drop you off at (76 First Street) and pick you up from (440 First Street).

December 23rd: Bring your appetite as we will be cooking and having our very own **Holiday Lunch**. Following lunch we will watch a **Holiday Movie** based on group choice. Please have your ride drop you off and pick you up from (76 First Street).

December 25th: Happy Holidays! **BIS is Closed**.

December 30th: Happy Holidays! **BIS is Closed**. See you all next Year!! We Return Monday January 6th 2020.

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.

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Simcoe Nord Muskoka