





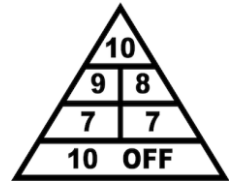




January 2020 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	 <p>"New Year - A new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours." – Alex Morritt</p>		<p>1</p> <p>HAPPY NEW YEAR! BIS is CLOSED today!</p>	2	3	4
5	<p>6</p>  <p>Cozy Pajama Day Soup & Grilled Cheese Sandwiches Afternoon Movie</p>	7	<p>8</p>  <p>10,000 Dice Skip-Bo</p>	9	10	11
12	<p>13</p> <p>Wizard Walk to Star Bucks Your Choice Game</p> 	14	<p>15</p> <p>Mexican Train Collingwood Public Library</p> 	16	17	18
19	<p>20</p>  <p>Bingo Cognitive Skills</p>	21	<p>22</p>  <p>Leisure Time Club Scattergories</p>	23	24	25
26	<p>27</p> <p>Jok-R-Uummy Potato Factory</p> 	28	<p>29</p> <p>Phase 10 Giant Crosswords</p> 	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 January 2020

January 1st: Happy New Year! BIS is closed today.

January 6th: Welcome back and Happy New Year! To start the year off we will be having a **Cozy Pajama Day!** This morning will be **Your Choice** in game or activity. We will be making **Soup and Sandwiches** for lunch followed by an **Afternoon Movie**. Please have your ride drop you off and pick you up at the Collingwood Youth Centre located at (76 First Street).

January 8th: This morning we get the dice rolling for **10,000 Dice**. After lunch we will get into a game of **Skip-Bo**. Please have your ride drop you off and pick you up from (76 First Street).

January 13th: This morning we are trying a new card game called **Wizard**. After a morning of Wizard we will break for lunch. Weather permitting we will walk over to **Star Bucks** for a beverage before walking back to the Youth Centre for **Your Choice**. Please have your ride drop you off and pick you up from (76 First Street).

January 15th: **Mexican Train** is on our agenda today! After lunch we will head over to the **Collingwood Public Library**. Please have your ride drop you off at (76 First Street) and pick you up from (55 Ste Marie St).

January 20th: Make sure to bring your luck with you as there are prizes to be won playing **BINGO!** Following lunch we will work on **Cognitive Skills**. Please have your ride drop you off and pick you up from (76 First Street).

January 22nd: Leisure Time Club will be our location today. **Shuffleboard** starts off our morning. **Scattergories** will occupy our afternoon. We will pair off into teams to see who comes up with the most points. Please have your ride drop you off and pick you up from (100 Minnesota Street).

January 27th: Today we start our day with **Jok-R-Uummy**. For lunch we are trying out the **Potato Factory!** We will taxi over to the Potato Factory for lunch and then taxi back. After lunch will be **Your Choice** of game. Please have your ride drop you off and pick you up from (76 First Street).

January 29th: We start our morning off with **Phase 10**. We will then break for lunch before **Giant Crosswords** this afternoon. 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.

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