
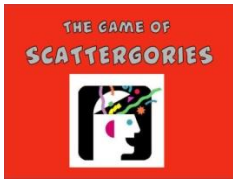

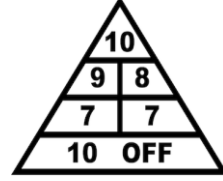






Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
2	3 Brain Power Roasted Red Pepper Soup 	4	5 Yahtzee Scattergories 	6	7	8
9	10  Heart Shaped Pizza Chocolate Covered Strawberries Self Discovery: What are you grateful for?	11	12  Leisure Time Club Wizard	13	14	15
16	17 BIS is CLOSED today 	18	19 10,000 Dice Baggage Activity 	20	21	22
23	24  Georgian Bowl Cognitive Skills Workbook	25	26  Chickenfoot Eggsmart	27	28	29

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!

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 February 2020

February 3rd: Don't forget your thinking caps! We have **Brain Power** on our agenda this morning! After we work our brains we will fuel them with some food. We have **Roasted Red Pepper Soup** on the menu for lunch! After lunch is **Your Choice**. Please have your ride drop you off and pick you up at (76 First Street).

February 5th: We get the dice rolling for a game of **Yahtzee** this morning. Following lunch we will break up into groups and work in teams for a game of **Scattergories**. Please have your ride drop you off and pick you up from (76 First Street).

February 10th: This morning we get into a **Self Discovery** activity. In the spirit of Valentine's Day coming we are celebrating with **Heart Shaped Pizza** for lunch. Following lunch we will be making and of course eating **Chocolate Covered Strawberries!** Please have your ride drop you off and pick you up from (76 First Street).

February 12th: Meet us over at **Leisure Time Club** for the day! Our morning will be filled with **Shuffleboard**. Following lunch we will get into the newly introduced card game called **Wizard**. Please have your ride drop you off and pick you up from (100 Minnesota Street).

February 17th: **Happy Family Day! BIS is closed today.**

February 19th: We start our morning off with **10,000 Dice**. After lunch we will get into a self discovery **Baggage Activity**. Please have your ride drop you off and pick you up from (76 First Street).

February 24th: 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 **Cognitive Skills**. Please have your ride drop you off at (832 Hurontario Street) and pick you up from (76 First Street).

February 26th: The domino game **Chickenfoot** is on our agenda for today. After dominos we will walk or taxi over (weather permitting) to **Eggsmart** for lunch. Once we have eaten our lunch we will head back to our program site for an afternoon of **Your Choice**. 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