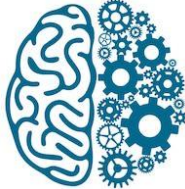










March 2020 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
1	2 Brain Power Bingo 	3	4  Giant Crosswords Pool Tournament	5	6	7
8 Daylight Savings	9  Wii Games Your Choice	10	11 Soup and Sandwiches Pictionary Learn a new game: Karma 	12	13	14
15	16 Swiss Chalet Matinee Movie 	17	18  Leisure Time Club Yahtzee	19	20	21
22	23  Bowling Scattergories	24	25 Wizard 10.000 Dice 	26	27	28
29	30 Mexican Train 5 Crowns 	31	"Opportunity follows struggle. It follows effort. It follows hard work. It doesn't come before." – Shelby Steele			

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 March 2020

March 2nd: We start the month of March off with some **Brain Power**. Following lunch we hope you brought your luck as there are prizes to be won during an afternoon of **BINGO!** Please have your ride drop you off and pick you up at (76 First Street).

March 4th: This morning we will get into some **Giant Crosswords**. Following giant crosswords we will break for lunch before an afternoon **Billiard Pool Tournament**. Please have your ride drop you off and pick you up at (76 First Street).

March 9th: **Wii Games** is on our agenda this morning. We have the options of singing, dancing or bowling. Following lunch will be a **Your Choice** of game or activity. Please have your ride drop you off and pick you up at (76 First Street).

March 11th: No lunch needed as **Soup and Sandwiches** are on the menu today! We will start the morning off with **Pictionary** before making our lunch. Following lunch we will be learning a new game called **Karma**. Please have your ride drop you off and pick you up from (76 First Street).

March 16th: We start our morning with a **Your Choice** activity. We will then taxi over to **Swiss Chalet** for a lunch outing before taking another Taxi to the **Galaxy Cinemas**. Please arrange your ride to drop you off at (76 First Street) no later than 10am and pick you up from Galaxy Cinemas (6 Mountain Road) no later than 4pm.

March 18th: We are spending the day at **Leisure Time Club**. This morning its team yellow vs. team black in a game of **Shuffleboard**. Following lunch we will be playing **Yahtzee**. Please arrange your ride to drop you off and pick you up at (100 Minnesota Street).

March 23rd: 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 **Scattergories**. Please have your ride drop you off at (832 Hurontario Street) and pick you up from (76 First Street).

March 25th: The newly introduced **Wizard** card game takes up our morning. Following wizard we will break for lunch before an afternoon of **10,000 Dice**. Please have your ride drop you off and pick you up from (76 First Street)

March 30th: **Mexican Train** begins our morning. Following lunch we get into a game of **5 Crowns**. Please arrange your ride to 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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