



March 2023 - Collingwood Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
March Birthstone: Aquamarine March Star Signs: Aquarius & Pisces		1 Mindfulness and Meditation  Meet @ FPC (200 Maple) 9:00am-4:00pm	2	3 Virtual Coffee Social 9:30 Brain Busters 10am VON & Music 11am
6 	7	8 Lunch on Us!  Meet @ FPC (200 Maple) 9:00am-4:00pm	9	10 Virtual Coffee Social 9:30 Healthy Aging 10am VON & Music 11am
13	14	15 Your Choice Day!  Meet @ FPC (200 Maple) 9:00am-4:00pm	16	17  Virtual Coffee Social 9:30 Brain Busters 10am VON & Music 11am
20 First Day of Spring! 	21	22 Spring Painting  Meet @ FPC (200 Maple) 9:00am-4:00pm	23	24 Virtual Coffee Social 9:30 Healthy Aging 10am VON & Music 11am
27	28	29 5 Crowns  Meet @ FPC (200 Maple) 9:00am-4:00pm	30	31 

Collingwood Adult Day Services for March 2023

Wednesdays – Meet us at the **First Presbyterian Church** located at **200 Maple Street, Collingwood**. Activities will vary day to day based on group choice. **Group will run from 9:00am to 4:00pm on Wednesdays.**

***Please arrange to have your ride drop you off no earlier than 9:00am and pick up no later than 4:00pm unless you have previously made other arrangements with your counsellor. ***

March 1st – Today we will be engaging in some helpful mindfulness and meditation exercises 😊

March 8th – Today is Lunch on Us Day! So, no need to bring a lunch, all you need is your appetite!

March 15th – Today is your choice day! So please come with some ideas on what you would like to do!

March 22nd – Today we will be tapping into our creative side and making some spring painting masterpieces!

March 29th – Today we will be playing the game of 5 Crowns, lets see who wins!

Brain Injury Services – Collingwood Adult Day Services

Phone: 705-734-2178 –Julia ext. 231 or Melissa ext. 235

Check out our website! www.braininjuryservices.ca

*****PLEASE NOTE: Masks (provided by BIS) are required to be worn when attending the Collingwood ADS program*****

Participants must be independent with transportation and personal support requirements. as one to one assistance is not available. **

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