







November 2023 - Collingwood Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
 NOVEMBER		1 Mindfulness Workshop  Meet @ FPC (200 Maple) 9:00am-4:00pm		
6	7	8 Bingo  Meet @ FPC (200 Maple) 9:00am-4:00pm	9	10
13	14	15 Paint Bar  Meet @ FPC (200 Maple) 9:00am-4:00pm	16	17
20	21	22 Movie Day  Meet @ FPC (200 Maple) 9:00am-4:00pm	23	24
27	28	29 Learn a New Game Day  Meet @ FPC (200 Maple) 9:00am-4:00pm	30	November Star Signs: Scorpio & Sagittarius November's Flowers: Peony & Chrysanthemum

Collingwood Adult Day Services for November 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. ***

November 1st – Join us today to participate in mindfulness activities in honor of National Stress-Free Awareness Day!

November 8th – Join us today for the classic game of Bingo and prizes to be won!

November 15th – Today we will be going to the paint bar and painting ceramics! We will meet at our usual spot and head to the Paint Bar after lunch. Please arrange for your transportation to pick you up from there (191 Hurontario Street, Unit 9).

November 22nd – Today is Movie Day! The group will pick a movie and then we will kick back and enjoy with some popcorn and other tasty snacks!

November 29th – Join us today as we will be picking out a new game that we can all learn together.

Brain Injury Services – Collingwood Adult Day Services

Phone: 705-734-2178 – Julia ext. 231 or Victoria ext. 233

Check out our website! www.braininjuryervices.ca

BIS is a Scent Free Zone for the health and comfort of those with allergies*

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

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