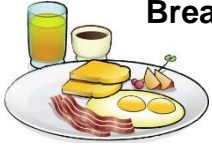



# January 2024 - Collingwood Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3  <b>Trivia Phase 10</b>	4	5
8	6	10 <b>National Houseplant Appreciation Day</b>  <b>Planter Painting</b> 	11	12
15	16	17 <b>Breakfast Outing at EggSmart</b> 	18	19
22	23	24 <b>International Day of Education</b> 	25	26
29	30	31 <b>National Hot Chocolate Day</b>  <b>Chair Yoga</b> <b>Mindfulness Meditation</b> 		

## Collingwood Adult Day Services for January 2024

**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 1:00pm on Wednesdays.**

**\*Please arrange to have your ride drop you off no earlier than 9:00am and pick up no later than 1:00pm unless you have previously made other arrangements with your counsellor. \***

**January 3<sup>rd</sup> – Come to the FPC for Trivia and games.**

**January 10<sup>th</sup> – Add some life to your home setting with a house plant to take home!**

**January 17<sup>th</sup> – Meet at EggSmart at 9:30am (115 First St.) for breakfast together.**

**January 24<sup>th</sup> – Come to the FPC and bring your thinking caps. January 24<sup>th</sup> is international education day.**

**January 31<sup>st</sup> – Gather at the FPC for a calming day of hot chocolate, meditation and yoga.**

**Brain Injury Services – Collingwood Adult Day Services**

**Phone: 705-734-2178 Victoria ext. 233**

Check out our website! [www.braininjuryservices.ca](http://www.braininjuryservices.ca)

**\*\*PLEASE NOTE: Masks (provided by BIS) are recommended 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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