

July 2024 - Collingwood Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>3</p> <p>BIS CLOSED</p>	4	5
8	9	<p>10</p>  <p>EggSmart Brunch!</p>	11	12
15	16	<p>17</p> <p>Chair Yoga BINGO</p> 	18	19
22	23	<p>24</p>  <p>Sunset Point Park</p>	26	27
29	30	<p>31</p> <p>Mexican Train Jeopardy</p> 		

Collingwood Adult Day Services for July 2024

Day program will run from 9am-12:30pm for the month of July!

July 3rd – Day program cancelled for staff training.

July 10th – **Meet at EggSmart (115 First St.) for brunch at 10am!** We will be staying at EggSmart until **12pm**. Please arrange transportation accordingly to drop you off and pick you up from EggSmart. Bring any mobility assistance devices if needed.

July 17th – Join us at the FPC for some light stretching and BINGO!

July 24th – **Sunset Point Park day!** Join us from **9:30am-12:30pm** for some fresh air and games at Sunset Park (35 St. Lawrence St.). Bring your packed lunch or funds if you wish to purchase lunch. Please remember your mobility assistive devices if needed and organize your transportation accordingly.

July 31st – Come to the FPC for domino games and trivia.

Brain Injury Services – Collingwood Adult Day Services

Phone: 705-734-2178 Ramsha x:236

Check out our website! 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. **