







September 2024 - Collingwood Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
2nd	3rd	4th Sunset Point Park 	5th	6th
9th	10th	11th Mindfulness  Card Games  Chair Stretches 	12th	13th
16th	17th	18th Mindfulness  Bingo  Movement Break 	19th	20th

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23 rd	24 th	<p>25th</p> <p style="text-align: center;">Lunch on us!</p> 	26 th	27 th
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Collingwood Adult Day Services for September 2024
Day program will run from 9am-12:30pm for the month of September!

September 4th – **Sunset Point Park** – Park Games and Dice
 Arrive at 9am, Pickup at 12:30pm at the Huron Street Parking Lot

September 11th – Join us at the FPC 200 Maple St. for Mindfulness, Card Games, and Chair Stretches

September 18th – Join us at the FPC 200 Maple St. for Mindfulness, Movement Breaks, and Bingo

September 25th – Lunch on US! Join us at the FPC 200 Maple St. for a tasty meal.

Brain Injury Services – Collingwood Adult Day Services

Phone: Brad 705-734-2178 ext. 233

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Check out our website! www.braininjuryservices.ca

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