







SEE BACK FOR ALL PROGRAM DETAILS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1	 <p style="text-align: center;">Collingwood Program runs 9:00am – 4:00pm every Wednesday</p> <p style="text-align: center;">First Presbyterian Church 200 Maple St. Collingwood</p> <p style="text-align: center;">Staff Contact Info:</p> <p>Angie Springer 705 – 734 – 2178 ext. 242 aspringer@braininjuryservices.ca</p> <p>Kylie McComish 705 – 734 – 2178 ext. 233 kmccomish@braininjuryservices.ca</p> <p><i>*Please contact to BIS staff for any questions or to report an absence*</i></p>
4	5	6	7	8	
		<p style="text-align: center;">Mindfulness & Chair Yoga Play Nine</p>   <p style="text-align: center;">Program Planning</p>			
11	12	13	14	15	
		<p style="text-align: center;">Read and Reflect Yahtzee & Mexican Train</p>  			
18	19	20	21	22	
		<p style="text-align: center;">Diner's Club Painting Activity & Your Choice Game</p>  			
25	26	27	28	29	
		<p style="text-align: center;">Education: Stress Relief BINGO & ZOOM Craft!</p>  			

Program Descriptions:	
Oct 6: Mindfulness & Chair Yoga	Work your body and your mind this morning with some mindfulness activities and chair yoga. We'll enjoy a game of Play Nine in the afternoon. Bring your ideas for some program planning!
Oct 13: Read and Reflect	These reading exercises can improve your speech, reading skills, and your ability to retain what you've read. We'll enjoy a game of Yahtzee and Mexican Train in the afternoon!
Oct 20: Diner's Club	Join us as we prepare and enjoy a tasty meal together! No need to bring a lunch today. We'll get in touch with our creative side with a painting activity, then your choice of games in the afternoon!
Oct 27: Education: Stress Relief	We'll explore some helpful and practical strategies for reducing stress in your life. Bring home some prizes in a game of BINGO and join us for a fun afternoon of crafting! (Craft is both in person and on ZOOM).