






**SEE BACK FOR ALL PROGRAM DETAILS**

| MONDAY | TUESDAY | WEDNESDAY  | THURSDAY | FRIDAY |  <p style="text-align: center;"><b>Collingwood program runs<br/>9:00am – 4:00pm every<br/>Wednesday</b></p> <p style="text-align: center;"><b>First Presbyterian Church<br/>200 Maple St. Collingwood</b></p> <p style="text-align: center;"><b>Staff Contact Info:</b></p> <p><b>Angie Springer</b><br/>705 – 734 – 2178 ext. 242<br/><a href="mailto:aspringer@braininjuryservices.ca">aspringer@braininjuryservices.ca</a></p> <p><b>Kylie McComish</b><br/>705 – 734 – 2178 ext. 233<br/><a href="mailto:kmccomish@braininjuryservices.ca">kmccomish@braininjuryservices.ca</a></p> <p><i>*Please contact to BIS staff for any questions or to report an absence*</i></p> |
|--------|---------|--|----------|--------|--|
| 2      | 3       | <b>4</b><br>Mindfulness & Chair Yoga<br>Your Choice!<br><br>Program Planning  | 5        | 6      |  |
| 9      | 10      | <b>11</b><br>Education: Sleep Hygiene<br>Holiday Craft<br>                    | 12       | 13     |  |
| 16     | 17      | <b>18</b><br>Holiday Party!<br>  | 19       | 20     |  |
| 23     | 24      | <b>25</b><br><b>BIS IS CLOSED</b><br><br><b>Dec 25 – Jan 1<sup>st</sup></b> | 26       | 27     |  |
| 30     | 31      |  |          |        |  |

| Program Descriptions:                      |  |
|--|--|
| <b>Dec 4: Mindfulness &amp; Chair Yoga</b> | Work your body and your mind this morning with some MINDFULNESS activities and CHAIR YOGA. We'll enjoy a game of YOUR CHOICE in the afternoon. Bring your ideas for some program planning! |
| <b>Dec 11: Education: Sleep Hygiene</b>    | Today we'll explore some tips and tricks on creating a HEALTHY SLEEP routine. We'll get crafty this afternoon with a HOLIDAY CRAFT!  |
| <b>Dec 18: Holiday Party!</b>              | Let's enjoy a festive HOLIDAY CELEBRATION together! Join us for a Christmas movie, cookie decorating, and a take-out lunch on BIS!   |

**\*Please note that we will be closed from Wednesday, December 25<sup>th</sup>, 2024, to Wednesday, January 1st, 2025 inclusive.**