

**SEE BACK FOR PROGRAM DETAILS**

MON	TUE	WEDNESDAY	THU	FRI	 <p><b>Collingwood program runs 9:00am – 4:00pm every Wednesday</b></p> <p><b>First Presbyterian Church 200 Maple St. Collingwood</b></p> <p><b>You must be eligible for services and a registered client to participate</b></p> <p><b>Staff Contact Info:</b></p> <p><b>Angie Springer</b> 705 – 734 – 2178 ext. 242 <a href="mailto:aspringer@braininjuryservices.ca">aspringer@braininjuryservices.ca</a></p> <p><b>Jordan Cameron</b> 705 – 734 – 2178 ext. 233 <a href="mailto:jcameron@braininjuryservices.ca">jcameron@braininjuryservices.ca</a></p> <p><b>*Please contact BIS staff for any questions or to report an absence*</b></p>
		<b>1</b> Program Planning/Goal Setting Block Walk Pictionary	<b>2</b>	<b>3</b>	
<b>6</b>	<b>7</b>	<b>8</b> DIY Fall Potpourri Education: Personal Values Exploration Scattergories	<b>9</b>	<b>10</b>	
<b>13</b> Happy Thanksgiving!	<b>14</b>	<b>15</b> <u>Optional:</u> Swimming 9:30-11:30 Dice Games Five Crowns	<b>16</b>	<b>17</b>	
<b>20</b>	<b>21</b>	<b>22</b> Spotlight Series – Larry’s Nascar Memorabilia Karma Mexican Train	<b>23</b>	<b>24</b>	
<b>27</b>	<b>28</b>	<b>29</b> <u>Optional:</u> Swimming 9:30-11:30 Pumpkin Painting Diner’s Club: Mac & Cheese Halloween Trivia	<b>30</b>	<b>31</b> Happy Halloween!	

Program Descriptions:	
<b>October 1</b>	Weather permitting, we'll enjoy getting our bodies moving for a neighborhood <b>walk</b> around the block! Bring your ideas for programs as we do some fall program planning.
<b>October 8</b>	Nothing says "Fall" like warm, spicy scents such as cinnamon and cloves...join us as we make our own <b>fall potpourri</b> ! We'll engage in some insightful <b>Values Exploration</b> activities and enjoy teaming up to play <b>Scattergories</b> !
<b>October 15</b>	<p><b>Optional Activity:</b> Join us for some Aquafit and an Open Swim at the Centennial Aquatic Centre (451 Third St, Collingwood) from 9:30am to 11:30. <b><u>Please meet us there for 9:15am</u></b>. Enjoy the water, move your body, and connect with others. Please bring your own towel, swimsuit and your own lock. Locks available upon request. Cost for 54 &amp; under: \$5.25   Ages 55+: \$4.25.</p> <p>Those not wanting to swim can still attend our regularly scheduled programming at the church at 9am.</p>
<b>October 22</b>	Join us for our next <b>Spotlight Series</b> ! Today will be hosted by Larry as he shares his Nascar memorabilia with us!
<b>October 29</b>	<p><b>Optional Activity:</b> Join us for some Aquafit and an Open Swim at the Centennial Aquatic Centre (451 Third St, Collingwood) from 9:30am to 11:30. <b><u>Please meet us there for 9:15am</u></b>. Enjoy the water, move your body, and connect with others. Please bring your own towel, swimsuit and your own lock. Locks available upon request. Cost for 54 &amp; under: \$5.25   Ages 55+: \$4.25.</p> <p>Those not wanting to swim can still attend our regularly scheduled programming at the church at 9am.</p> <p>This afternoon we'll get in to the <b>Halloween</b> spirit! We'll enjoy making some delicious Mac &amp; Cheese together, we'll get creative with some pumpkin painting and participate in some Halloween trivia! <b><u>Costumes are encouraged!</u></b></p>