

**SEE BACK FOR PROGRAM DETAILS**

| MON | TUE | WEDNESDAY  | THU                                 | FRI |  <p><b>Collingwood program runs<br/>9:00am – 4:00pm every<br/>Wednesday</b></p> <p><b>First Presbyterian Church<br/>200 Maple St. Collingwood</b></p> <p><b>You must be eligible for services<br/>and a registered client to<br/>participate</b></p> <p><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>Jordan Cameron</b><br/>705 – 734 – 2178 ext. 233<br/><a href="mailto:jcameron@braininjuryservices.ca">jcameron@braininjuryservices.ca</a></p> <p><b>*Please contact BIS staff for any<br/>questions or to report an absence*</b></p> |
|-----|-----|--|-------------------------------------|-----|--|
|     |     |  | 1<br><u>Happy<br/>New<br/>Year!</u> | 2   |  |
| 5   | 6   | 7<br><br>Five Crowns<br>Chair Yoga & Mindfulness<br>Hitster  | 8                                   | 9   |  |
| 12  | 13  | 14<br><br>Spotlight Series: Jordan's Book Talk<br>Scattergories<br>Reading Exercise                | 14                                  | 16  |  |
| 19  | 20  | 21<br><br>Hot Cocoa & Winter Painting<br>Education: Falls Prevention<br>Stretch & Relax<br>Yahtzee | 22                                  | 23  |  |
| 26  | 27  | 28<br><br>Murder Mystery<br>Pizza Lunch<br>Your Choice Games                                       | 29                                  | 30  |  |

| Program Descriptions: |  |
|-----------------------|--|
| January 7             | Let's get our bodies moving with some <b>Chair Yoga</b> and learn the many benefits of engaging in <b>mindfulness</b> activities!  |
| January 14            | Join us for our next <b>Spotlight Series</b> ! Today is hosted by our lovely BIS staff Jordan! She'll share with us her love for books and engage us in some fun and inspiring conversations about the books that have shaped us.  |
| January 21            | Winter is upon us - let's warm up with a cozy cup of <b>hot cocoa</b> while we enjoy creating a beautiful winter <b>painting</b> together! We'll also engage in an important conversation around Falls Prevention.   |
| January 28            | Whodunit?! Join us this morning for our <b>Murder Mystery</b> activity – Death by Chocolate! We'll work together to solve the murder of the famous chocolate manufacturer, Billy Bonka.<br>We'll celebrate our solve by providing a <b>pizza</b> lunch for us to enjoy together! |
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