

SEE BACK FOR PROGRAM DETAILS

MON	TUE	WEDNESDAY	THU	FRI	
			1 <u>Happy New Year!</u>	2	 JANUARY
5	6	7 Five Crowns Chair Yoga & Mindfulness Hitster	8	9	Collingwood program runs 9:00am – 4:00pm every Wednesday
12	13	14 Spotlight Series: Jordan's Book Talk Scattergories Reading Exercise	14	16	First Presbyterian Church 200 Maple St. Collingwood
19	20	21 Hot Cocoa & Winter Painting Education: Falls Prevention Stretch & Relax Yahtzee	22	23	You must be eligible for services and a registered client to participate
26	27	28 Murder Mystery Pizza Lunch Your Choice Games	29	30	Staff Contact Info: <p>Angie Springer 705 – 734 – 2178 ext. 242 aspringer@braininjuryservices.ca</p> <p>Jordan Cameron 705 – 734 – 2178 ext. 233 jcameron@braininjuryservices.ca</p> <p>*Please contact BIS staff for any questions or to report an absence*</p>

Program Descriptions:	
January 7	Let's get our bodies moving with some Chair Yoga and learn the many benefits of engaging in mindfulness activities!
January 14	Join us for our next Spotlight Series! 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 hot cocoa while we enjoy creating a beautiful winter painting together! We'll also engage in an important conversation around Falls Prevention.
January 28	Whodunit?! Join us this morning for our Murder Mystery activity – Death by Chocolate! We'll work together to solve the murder of the famous chocolate manufacturer, Billy Bonka. We'll celebrate our solve by providing a pizza lunch for us to enjoy together!