


SEE BACK FOR PROGRAM DETAILS

MON	TUE	WEDNESDAY	THU	FRI	 <p>Collingwood program runs 9:00am – 4:00pm every Wednesday</p> <p>First Presbyterian Church 200 Maple St. Collingwood</p> <p>You must be eligible for services and a registered client to participate</p> <p>Staff Contact Info:</p> <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><i>*Please contact BIS staff for any questions or to report an absence*</i></p>
2	3	4 Education: Memory Strategies Name Game Apples to Apples Horseshoes	5	6	
9	10	11 SGBCHC Dietician Presentation 10:00-11:30 Chocolate Covered Strawberries Reading Exercise	12	13	
16	17	18 BOWLING 10:00-11:30 (Cost: \$5.65) Memory Tray Game Pictionary	19	20	
23	24	25 Spotlight Series: Mindfulness with Kathy Telestrations Who Am I?	26	27	

Program Descriptions:	
February 4	Name & Claim – Join us for a name game where we focus on learning each other's names and tricks for remembering names going forward in a fun and interactive way!
February 11	<p>Today we have the pleasure of hosting Natasha Beatson (Registered Dietician from the South Georgian Bay Community Health Centre) for a healthy eating workshop!</p> <p>We'll practice our speech, reading and reading comprehension skills with Reading Exercises this afternoon.</p>
February 18	<p>Join us for a morning of Bowling at Georgian Bowl! Meet us for 9:50am at 832 Hurontario St, Collingwood. <u>Please bring \$5.65</u> to cover the cost of the shoe rental. We'll head back to the church afterwards for an afternoon of games (cab provided if needed).</p> <p>Memory Tray Game – this memory game will focus on short-term memory skills and strategies, as well as problem solving!</p>
February 25	<p>Today our Spotlight Series will be hosted by our fantastic BIS Manager Kathy! Come experience and learn the many benefits of practicing Mindfulness in your every day lives.</p> <p>'Who Am I' is a fun and interactive guessing game where participants ask yes/no questions to figure out a mystery person or character. This activity supports memory, problem-solving, and communication skills with lots of laughs along the way!</p>