

SEE BACK FOR PROGRAM DETAILS

MON	TUE	WEDNESDAY	THU	FRI	
2	3	4 Education: Memory Strategies Name Game Apples to Apples Horseshoes	5	6	 FEBRUARY
9	10	11 SGBCHC Dietician Presentation 10:00-11:30 Chocolate Covered Strawberries Reading Exercise	12	13	Collingwood program runs 9:00am – 4:00pm every Wednesday
16	17	18 BOWLING 10:00-11:30 (Cost: \$5.65) Memory Tray Game Pictionary	19	20	First Presbyterian Church 200 Maple St. Collingwood
23	24	25 Spotlight Series: Mindfulness with Kathy Telestrations Who Am I?	26	27	You must be eligible for services and a registered client to participate
					Staff Contact Info: Angie Springer 705 – 734 – 2178 ext. 242 aspringer@braininjuryservices.ca Jordan Cameron 705 – 734 – 2178 ext. 233 jcameron@braininjuryservices.ca

Please contact BIS staff for any questions or to report an absence

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	Today we have the pleasure of hosting Natasha Beatson (Registered Dietician from the South Georgian Bay Community Health Centre) for a healthy eating workshop! We'll practice our speech, reading and reading comprehension skills with Reading Exercises this afternoon.
February 18	Join us for a morning of Bowling at Georgian Bowl! Meet us for 9:50am at 832 Hurontario St, Collingwood. Please bring \$5.65 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). Memory Tray Game – this memory game will focus on short-term memory skills and strategies, as well as problem solving!
February 25	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. '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!