


**SEE BACK FOR PROGRAM DETAILS**

MON	TUE	WEDNESDAY	THU	FRI	
		<p>1</p> <p style="text-align: center;">Guided Art Therapy Painting Walking Workout Love Your Brain Mindset Program</p>	2	3	<div style="text-align: center;">  <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><i>*Please contact BIS staff for any questions or to report an absence*</i></p> </div>
6	7	<p>8</p> <p style="text-align: center;">Cornhole Small Group Games Love Your Brain Mindset Program</p>	9	10	
13	14	<p>15</p> <p style="text-align: center;">Education: Canadian Dental Care Plan Diner’s Club: Butter Chicken Reading Exercise Love Your Brain Mindset Program</p>	16	17	
20	21	<p>22</p> <p style="text-align: center;">Spotlight Series: Life in Korea with Ross Stretch &amp; Relax Love Your Brain Mindset Program</p>	23	24	
27	28	<p>29</p> <p style="text-align: center;">Swimming 9:30-11:30 (<i>Optional</i>)</p> <p style="text-align: center;">Funlish Block Walk Love Your Brain Mindset Program</p>	30		

Program Descriptions:	
<b>April 1</b>	Today we will be starting a six-week <b>Love Your Brain Mindset Program</b> – Imagine being able to tap into your superpower: your mindset. In this program, you'll receive tools for mental flexibility, physical strength, positive thinking, and more.
<b>April 8</b>	Today we'll enjoy a fun and friendly game of <b>Cornhole!</b> More than just a game, this activity challenges our hand-eye coordination, balance, problem-solving strategies and fosters teamwork.
<b>April 15</b>	Join us today as we share information about a helpful resource that may be available to you: <b>The Canadian Dental Care Plan.</b>  No need to bring a lunch today – we'll enjoy cooking a meal of Butter Chicken together for <b>Diner's Club!</b> We'll practice our cooking skills, review food safety strategies, and learn about the rich culture of Indian cooking.
<b>April 22</b>	Join us today for our next <b>Spotlight Series!</b> Today Ross will be sharing with us his memorable experience of living and working in Korea.
<b>April 29</b>	<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>Please meet us there for 9:15am.</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. <b><u>Cost for 54 &amp; under: \$5.25   Ages 55+: \$4.25.</u></b>  Those not wanting to swim can still attend our regularly scheduled programming at the church at <b>9am.</b>