

**SEE BACK FOR PROGRAM DETAILS**

MON	TUE	WEDNESDAY	THU	FRI
				1
4	5	6 Collingwood Public Library 10AM-3:30PM	7	8
11	12	13 Diner's Club: BLT Sandwiches Guided Art Therapy - Creative Writing Love Your Brain Mindset Program	14	15
18	19	20 Spotlight Series: Terry's Homemade Hummus Gentle Yoga & Meditation Horseshoes	21	22
25	26	27 Block Walk Pressed Flower Bookmarks Reading Exercise Education: Neuroplasticity	28	29



**Collingwood program runs  
9:00am – 4:00pm every  
Wednesday**

**First Presbyterian Church  
200 Maple St. Collingwood**

**You must be eligible for services  
and a registered client to  
participate**

**Staff Contact Info:**

**Angie Springer**  
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**\*Please contact BIS staff for any  
questions or to report an absence\***

Program Descriptions:	
<p><b>May 6</b></p>	<p>Today we'll be meeting at the <b><u>Collingwood Public Library from 10:00AM to 3:30PM!</u></b></p> <p>We'll start our day in their <i>Media Lab</i> (10am-12pm) where we'll learn to use the Cricut machine to make a beautiful wooden sign. We'll spend the afternoon exploring the library and playing games. Address is 55 Ste Marie St – please arrange to have your transportation drop you off/pick you up at the library.</p>
<p><b>May 13</b></p>	<p>No need to bring a lunch today – we'll be making delicious Bacon, Lettuce and Tomato sandwiches together for <b>Diner's Club!</b> We'll focus on food prep, food safety and meal planning.</p>
<p><b>May 20</b></p>	<p>Today's <b>Spotlight Series</b> is presented by Terry! Join us as he walks us through how to make homemade hummus – a healthy and delicious snack!</p>
<p><b>May 27</b></p>	<p>April showers bring May flowers – join us as we make beautiful <b>bookmarks</b> with real dried and pressed flowers – let's work those fine motor skills and get our creativity flowing!</p> <p>Today we'll learn about the wonders of <b>neuroplasticity</b> and how the brain can change, learn, and strengthen skills through practice, new experiences, and everyday activities.</p>