

SEE BACK FOR PROGRAM DETAILS

MON	TUE	WEDNESDAY	THU	FRI	 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 705 – 734 – 2178 ext. 242 aspringer@braininjuryservices.ca Jordan Cameron 705 – 734 – 2178 ext. 233 jcameron@braininjuryservices.ca <i>*Please contact BIS staff for any questions or to report an absence*</i>
		1 CLOSED for Canada Day – No Program	2	3	
6	7	8 Dietician 10-11 Guided Art Therapy: Clay Painting Reading Exercise – Finding Focus Shuffleboard	9	10	
13	14	15 Leisure Time Club: Billiards and Carpet Bowling 10AM-3PM	16	17	
20	21	22 Sunset Point Park Games, Scavenger Hunt & BBQ! Spotlight Series: Geocaching with Angie	23	24	
27	28	29 Collingwood Lawn Bowling Club 10AM-12PM Lunch @ Georgian Bay Family Restaurant 12:30-2:30 (bring \$ for lunch)	30	31	

Program Descriptions:	
July 1	CLOSED for Canada Day. Enjoy your day!
July 8	We are happy to once again host Registered Dietician Natasha for an educational workshop! She'll be discussing energy-boosting snacks as well as providing a delicious food demo! Join our discussion today on Finding Focus as we learn about the “brain switching tax”, how it affects our focus, and the importance of disconnecting to find meaningful connections.
July 15	Today we'll spend the day at the Leisure Time Club! (100 Minnesota St, Collingwood). <u>Please arrange to have your transportation drop you off at this location at 10:00am and pick you up at 3:00pm.</u> We'll enjoy a morning of billiards, and carpet bowling in the afternoon!
July 22	Join us for fun in the sun and some geocaching at Sunset Point Park! (We'll be gathering at the small pavilion next to the playground/across from “Chippers” concession building, 35 St Lawrence St) <u>IMPORTANT INFORMATION - OPTIONS FOR GETTING THERE:</u> Option 1: If you are a resident of Collingwood and have a parking pass, you can park at the park - feel free to meet us there for 9:30am Option 2: Meet us at the church by 9:30AM and we will cab over to the park Option 3: Arrange for your ride to drop you off/pick you up at the park. <u>We will provide a BBQ lunch today!</u> Please bring a lawn chair *if you are able*, sunscreen, and a hat! RAIN PLAN: In case of bad weather, we will meet at the church – we will contact you if this is the case.
July 29	Join us for a morning at the Collingwood Lawn Bowling Club! (45 Paterson St, Collingwood – beside the YMCA). Please meet us at the Club between <u>9:30-10:00</u> – please wear flat, comfortable shoes. After bowling, we'll head down the street to the Georgian Bay Family Restaurant (401 Hume St) to enjoy lunch together! <u>Please bring money to pay for your lunch.</u> We'll eat and play a game or two – please arrange to be picked up at the restaurant by 2:30.