



Vista Centre Brain Injury Services'  
Day Program Schedule  
November 2019



<p style="text-align: center;"><b>Monday 4<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Seated Exercises</li> <li>• Walk to Tim Hortons</li> <li>• Lunch</li> <li>• Art with Holly</li> </ul> 	<p style="text-align: center;"><b>Thursday 7<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Seated Exercises</li> <li>• Walk to Tim Hortons</li> <li>• Lunch</li> <li>• Bingo</li> </ul> 
<p style="text-align: center;"><b>Monday 11<sup>th</sup></b></p> <p style="text-align: center;">Closed</p> <p style="text-align: center;">Please Cancel Your Transportation For This Day</p>	<p style="text-align: center;"><b>Thursday 14<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Seated Exercises</li> <li>• Art with Ashley</li> <li>• Lunch &amp; Schedule Planning</li> <li>• Wii U Games</li> </ul> 
<p style="text-align: center;"><b>Monday 18<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Seated Exercises</li> <li>• Framed Wreath Making</li> <li>• Lunch &amp; Schedule Planning</li> <li>• Art with Holly</li> </ul> 	<p style="text-align: center;"><b>Thursday 21<sup>st</sup></b></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Seated Exercises</li> <li>• Cooking with Ashley &amp; Bowling</li> <li>• Lunch</li> <li>• Bingo</li> </ul> 
<p style="text-align: center;"><b>Monday 25<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Seated Exercises</li> <li>• Baking with Holly &amp; Beach Ball Volleyball</li> <li>• Lunch</li> <li>• Bingo</li> </ul> 	<p style="text-align: center;"><b>Thursday 28<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Seated Exercises</li> <li>• Activity with Ashley</li> <li>• Lunch</li> <li>• World Hello Day Activities</li> </ul> 

102 Greenview Ave – Ron Kolbus Centre  
Mondays & Thursdays 10am – 2pm  
Staff can be reached at  
613-234-4747 x 149  
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Call Or Text Us at 343-542-9816  
During Program Hours