












# Vista Centre Brain Injury Services' Day Program Schedule January 2020



	<p style="text-align: right;">Thursday 2<sup>nd</sup></p> <p style="text-align: center;"><b>Closed</b></p> 
<p style="text-align: center;">Monday 6<sup>th</sup></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Beach Ball Volleyball, Bowling &amp; Wii U</li> <li>• Muffin Making</li> <li>• Lunch</li> <li>• Bingo</li> </ul> 	<p style="text-align: center;">Thursday 9<sup>th</sup></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Seated Exercises</li> <li>• Winter Jars</li> <li>• Lunch</li> <li>• January Trivia</li> </ul> 
<p style="text-align: center;">Monday 13<sup>th</sup></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Seated Exercises</li> <li>• Movie Monday</li> <li>• Lunch</li> <li>• The Things Game</li> </ul> 	<p style="text-align: center;">Thursday 16<sup>th</sup></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Wii U, Beach Ball Volleyball, &amp; Bowling</li> <li>• Cupcake Creation</li> <li>• Lunch &amp; Schedule Planning</li> <li>• Bingo</li> </ul> 
<p style="text-align: center;">Monday 20<sup>th</sup></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Strawberry Shortcake Baking</li> <li>• Ping Pong, Bowling, &amp; Curling</li> <li>• Lunch &amp; Schedule Planning</li> <li>• Bingo</li> </ul> 	<p style="text-align: center;">Thursday 23<sup>rd</sup></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Seated Exercises</li> <li>• Chinese New Year Celebration</li> <li>• Lunch</li> <li>• The Celebration Continues</li> </ul> 
<p style="text-align: center;">Monday 27<sup>th</sup></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Seated Exercises</li> <li>• Psychological First Aid Presentation</li> <li>• Lunch</li> <li>• Games, Puzzles, &amp; Cards</li> </ul> 	<p style="text-align: center;">Thursday 30<sup>th</sup></p> <ul style="list-style-type: none"> <li>• This Day In History &amp; Morning Discussion</li> <li>• Brownie Baking</li> <li>• Ping Pong, Curling, &amp; Bowling</li> <li>• Lunch</li> <li>• Bingo</li> </ul> 

102 Greenview Ave – Ron Kolbus Centre  
 Mondays & Thursdays 10am – 2pm  
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Call Or Text Us at 343-542-9816 - During Program Hours

