




Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
		<p>Always find a reason to laugh, it may not add years to your life but it will add life to your years!!</p>		<p>01 VON Smart Exercise Program</p> <p>Self-Exploration Workshop Jok R Ummy</p>	02	03
04	05	06	07	08	09	10
		<p>Carpet Bowling</p> <p>10,000 Dice</p>		<p>Guest Speaker – Fall Prevention</p> <p>Shuffleboard</p>		
11	12	13	14	15	16	17
		<p>Make A Mess 10-11:30 Phil's Diner 11:45</p>		<p>Tips & Tricks</p> <p>Shuffleboard Phase 10</p>		
18	19	20	21	22	23	24
	<p>Family Day</p>	<p>VON Smart Exercise Program</p> <p>Hero's Journey 5 Crowns</p>		<p>VON Smart Exercise Program</p> <p>Greek Themed Feast Souvlaki with Tzatziki, Horiatiki Salad & Rice Olympic Wii</p>		
25	26	27	28			
		<p>We Be Jamin Day Wear your Pj's or Comfy Clothes Soup & Bread Craft & Quiddler</p> 				

Midland Adult Day Services February 2018

- Feb 01** **Self- Exploration Workshop – The Everyday To Do List...** 1. Be kinder than necessary. 2. Do Something Than Makes Your Soul happy. **Jok-R-Uummy**
- Feb 06** **Carpet Bowling -** Come out for a fun morning of carpet bowling. No bowling shoes or skills necessary, just a willingness to try and have fun. **10,000 Dice**
- Feb 08** **Guest Speaker Kelly – 10:00 – 10:45 North Simcoe Muskoka Regional Falls Prevention Program,** learn about risks and how to set up an assessment in your own residence
- Feb 13** **Make A Mess 10am –** Meet us at 100 Main Street Penetanguishene to create your own unique master piece! For lunch and games walk to Phil's Diner 48 Street Penetanguishene. Please arrange pick up at Phil's 3:00/3:30pm
- Feb 15** **Shuffleboard -** The object of shuffleboard is to slide your shuffleboard discs to the highest scoring area without them falling off the mat or worse going into the minus area. It's fun & it gets you moving. **Phase 10**
- Feb 20** **Hero's Journey –** This book has been written to help improve the quality of life for people following brain injury. Each concept is presented as an image with a story. Explanatory text is also included. Images and stories provide a quick and easy way to understand some quite complex ideas. **5 Crowns**
- Feb 22** **It's all Greek to me! –** Greek Themed Cooking. Olympic Wii Games to compliment the 2018 Olympics
- Feb 27** **We Be Jamin Day Folks!!** Wear you PJ's or track suit and enjoy a Hearty bowl of Soup & Bread served at noon, bring a beverage or anything else you may want. **Craft & Quiddler**

Brain Injury Services – Barrie Adult Day Services
21 Essa Rd. Unit 1, Barrie ON
Mondays and Wednesdays 8:30am – 3:30pm

Barrie Office 705-734-2178
Beverley ext 241 / Jeremy ext 243

Check out our website! www.braininjuryservices.ca



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BIS Adult Day Services offers a variety of social, recreation and skill building opportunities to adults living with an ABI

Social Time: - 8:30-9:30am

Coffee/Tea (Provided), Catching up with peers, Current Events

Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups

Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation

Tips & Tricks – Monthly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety

Wellness & Fitness -improving endurance, flexibility, circulation & enhancing vitality. Simulate your brain with education and self-discovery through the Healthy You Series and Self Exploration/Self-Esteem workshops VON Smart Exercise Programs- improve your strength, balance and flexibility, regardless of your current physical ability.

Shuffleboard, Lawn Bowling, Carpet Bowling will also get you moving, bending and participating with your team mates!

Soup Day – Enjoy a free hearty bowl of soup & bread! served 1 x monthly in the winter months.

Culinary Creations – Learn/help with cooking skills, trying new & old recipes

NOTE: Participants need to be independent with transportation and personal support requirements, as one to one assistance is not available.