
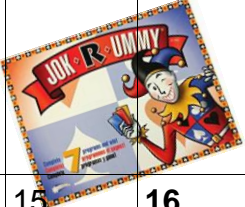

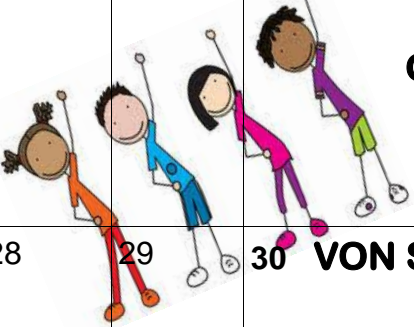




Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
	01	02 Carpet Bowling Phase 10	03	04 VON Smart Exercise Program Healthy You – Stress Reduction Quiddler	05	06
07	08 	09 VON Smart Exercise Program Jok – R – Ummy Yahtzee	10	11 Bowling Bayshore Lanes Swiss Chalet Luncheon Skipbo 	12	13
14	15	16 Indoor Walking Culinary Creations Pork Tenderloin Spiced & Wrapped Balsamic Portobello Mushroom Fresh Salad	17	18 Shuffleboard Wizard	19	20
21	22	23 VON Smart Exercise Program Group Crossword 5 Crowns 	24	25 Shuffleboard  Soup & Bread Mexican Train and your Choice	26	27 It's National Chocolate Cake Day 
28	29	30 VON Smart Exercise Program Scattergories Self-Exploration Workshop	31	Do what you can, with what you have, where you are		

Midland Adult Day Services January 2018

- Jan 02** **Carpet Bowling** - Come out for a fun morning of carpet bowling. No bowling shoes or skills necessary!
- Jan 04** **Healthy You** - Stress Reduction – Stress management gives you a range of tools to alleviate or management stress. **Cognitive Fun** – Quiddler
- Jan 09** **Jok – R – Ummy** – A game for everyone and you're sure to have lots of fun completing your program cards as quickly as possible. **Yahtzee**
- Jan 11** **Bowling Bayshore Lanes** – If you plan to bowl meet us at 9:00 – 9:30am at Bayshore Lanes 205 King St, Midland On L4R-3L8 \$4.00 plus lunch \$\$\$. If you plan to eat and play games meet us at Swiss Chalet 9340 County Rd 93 Midland at 11:30am. Plan pick up from this location 3:00/3:30
- Jan 16** **Culinary Creations** – Pork Tenderloin, Portobello mushrooms, Fresh salad. **Your Choice**
- Jan 18** **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! **Quiddler & Wizard**
- Jan 23** **Cognitive Programs** – Group Crosswords - goal is to fill the white squares with letters, forming words or phrases, by solving clues, which lead to the answers.
- Jan 25** **Shuffleboard & Hearty Vegetable Soup & Bread** served at noon. Bring a beverage or anything else you may want to eat. **Mexican Train** and various other activities are among the many options today
- Jan 30** **Healthy You - A new monthly workshop on Self Exploration** – The journey of self-discovery is a journey worth taking! This exercise will help you learn a little more about you such as when you feel best about yourself and paying attention to your feelings. Includes inspiring quotes, interactive worksheets. Learn to discover magic in every day! **Scattergories**

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.