




Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
		<p><b>VON Smart Exercises</b>  <b>improve your strength, balance and flexibility – for everyone regardless of your current physical ability</b></p>		<p><b>01</b>  <b>Asparagus Soup &amp; Pumpernickel Loaf with Spinach Dip</b>  <b>Wear Green and we will celebrate St. Patty's Day Early</b></p>	<b>02</b>	<b>03</b>
<b>04</b>	<b>05</b>	<p><b>Tips &amp; Tricks</b>  <b>Carpet Bowling</b>  <b>Skipbo</b></p> 	<b>07</b>	<p><b>08</b>  <b>Shuffleboard</b>    <b>Quiddler</b></p>	<b>09</b>	<b>10</b>
<b>11</b>	<b>12</b>	<p><b>13</b>  <b>Library – 9:30</b>  <b>Burger King Lunch</b>  <b>Matinee Movie</b></p> 	<b>14</b>	<p><b>15</b>    <b>Midland Cultural Centre/Games</b></p>	<b>16</b>	<b>17</b> <b>Saint Patrick's Day</b>
<b>18</b>	<b>19</b>	<p><b>20</b>  <b>Scattergories</b>  <b>Culinary Creations – Ribs, Mashed Potatoes &amp; Mixed Veggies</b></p> 	<b>21</b>	<p><b>22</b>    <b>Wizard</b></p>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<p><b>27</b>  <b>Healthy You: Guest Speaker – Ryan Walsh - Activity based cancer prevention information session</b>  <b>BINGO</b></p>	<b>28</b>	<p><b>29</b>  <b>Tips &amp; Tricks</b>  <b>Hero's Journey</b>  </p>	<b>30</b> <b>Good Friday</b>	<b>31</b>

## Midland Adult Day Services March 2018

- Mar 01** **Celebrate Saint Patrick** - by wearing green and eating green... Asparagus Soup & Pumpnickel loaf with Spinach Dip. Fun Facts and Quizzes
- Mar 06** **Carpet Bowling** - Come out for a fun morning of carpet bowling. No bowling shoes or skills necessary! **Skipbo & Your Choice**
- Mar 08** **Shuffleboard, Quiddler & Self-Exploration** - dig deeply into our thoughts, feelings, desires and dreams
- Mar 13** If you are interested in attending the group early meet us at **Uncle Roy's by 8:30 - 9:00** to have breakfast/coffee if you wish. **Meet at the Library 9:30 to 11:30** BIS will provide transportation to Burger King for lunch. Walk to the **Galaxy** for a movie. Please arrange transportation from the mall by **3:30** Bring money for your food & movies
- Mar 15** **Bowling Bayshore Lanes** – For the early risers meet us at **Subway 8:30 – 9:00** If you plan to bowl meet us at **9:00 - 9:30 at Bayshore Lanes** 205 King St, Midland On L4R-3L8 \$4.00 plus lunch \$\$.  
Then we're off to the **Midland Cultural Centre** for an afternoon of culture & fun! 333 King St. Plan pick up from this location by **3:30**
- Mar 20** **Culinary Creations** – Ribs, Mashed Potatoes & Mixed vegetables. **Scattergories**
- Mar 22** **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!  
**Wizard**
- Mar 27** **Healthy You: Guest Speakers – Ryan Walsh** – Today we will participate in an activity based cancer prevention information session. Gain a better understanding of your risks and ways to negate them.  
**BINGO & Yahtzee**
- Mar 29** **Hero's Journey and KARAOKE** - SING SING SING like birds! Let's sing together and have a lot of fun!

### Brain Injury Services – Barrie Adult Day Services

Tuesday and Thursdays 8:30am – 3:30pm

**Barrie Office** 705-734-2178  
Beverly ext 241 / Jeremy ext 243

Check out our website! [www.braininjuryservices.ca](http://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.**

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