

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
01 	02	03 Tips & Tricks Carpet Bowling Brain Power	04 	05 Group Crosswords Favourite Music while playing 30	06	07
08	09 	10 Rai Cha Goal Setting Peer Directed Games	11	12 Shuffleboard Culinary Creations – Ham, Scalloped Potatoes & Carrots Easter Chocolate Self – Discovery Workshop	13 	14
15	16 	17 Conversation Activity 10, 000 Dice Crafts – Letter Decorating	18	19 Tips & Tricks Hero's Journey 	20	21
22 	23	24 Aboriginal Heritage Presenter Interpretive Naturalist Shawn Cellarman's Pub & Games	25	26 SHUFFLEBOARD 	27	28
29	30	Get Up. Dress Up Show Up and Never Give Up!!		VON Smart Exercises improve your strength, balance and flexibility – for everyone regardless of your current physical ability		

Midland Adult Day Services April 2018

- April 03** **Carpet Bowling** - Come out for a fun morning of carpet bowling. No bowling shoes or skills necessary! **Brain Power & Yahtzee**
- April 05** **Group Crosswords** - a puzzle in which the solver deduces words suggested by numbered clues and writes them into corresponding boxes in a grid to form a vertical and horizontal pattern. Favourite **Music** will be up lifting & **30 Dice**
- April 10** **Rai Cha & Goal Setting** – Annual paper work and bring your ideas for goals setting. **Peer Directed Games**
- April 12** **Culinary Creations** – Ham, Scalloped Potatoes, Carrots & Chocolate Bunnies. **Shuffleboard & Self- Discovery Workshop** – Designed to aid you in discovering more about yourself
- April 17** **Conversation Activity** – Participants are encouraged to bring a personal item or picture in to the program today. Have fun reminiscing, socializing and sharing a bit about yourself with your peers. **10,000 Dice & Craft Letter** – Decorate your initial – bring in pictures you would like to use to personalize your craft, cut images from a magazines or paint it... the possibilities are endless but the end will result will be rewarding ☺
- April 19** **Hero's Journey** – This morning we will use our workbook entitled: Hero's journey that was written to help improve the quality of life for brain injury survivors. **Mexican Train**
- April 24** **Guest Speaker – 10:00 – 11:30 Shawn Aboriginal Heritage Presenter Interpretive Naturalist:** “Indigenous Discoveries Table” **Lunch outing at 12:00 Cellermans Pub** bring money for lunch \$\$ and arrange transportation from 337 King St. 3:00pm – 3:30pm
- April 26** **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** – work with a partner to get the longest word, the most words and of course bragging rights!

Brain Injury Services – Barrie Adult Day Services
Tuesdays and Thursdays 8:30am – 3:30pm

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



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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.