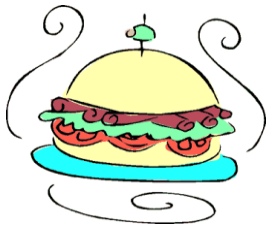



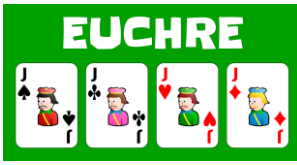





Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<b>01</b>  <b>Carpet Bowling</b>  <b>Phase 10</b>	<b>02</b>	<b>03</b> <b>Tips &amp; Tricks</b>  <b>Bayshore lanes</b> <b>Bowling</b> <b>Dino's</b> <b>Jok R Uummy</b> 	<b>04</b>	<b>05</b>	<b>06</b>  <div style="border: 1px solid black; padding: 5px;"> <b>Social Time: - 8:30-9:30am</b>            Coffee/Tea (Provided)            Catching up with peers            Current Events         </div>
<b>07</b>	<b>08</b> <b>Boardroom</b>  <b>Hero's Journey</b> <b>Dice Games</b>	<b>09</b>	<b>10</b> <b>Shuffleboard</b>  	<b>11</b>	<b>12</b>	<b>13</b>  <div style="border: 1px solid black; padding: 5px;"> <b>Cognitive Programs</b> – Designed to support &amp; maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory &amp; Brain Games/Teasers. Reminiscing &amp; Discussion Groups,         </div>
<b>14</b>	<b>15</b> <b>Make Your Own Nachos</b> <b>Healthy You</b> <b>Mexican Train</b> 	<b>16</b>	<b>17</b> <b>Shuffleboard</b>  	<b>18</b>	<b>19</b>	<b>20</b>  <div style="border: 1px solid black; padding: 5px;"> <b>Creative, Stimulating &amp; Life Enriching Program</b> - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation         </div>
<b>21</b>	<b>22</b> <b>Tips &amp; Tricks</b>  <b>Wii Fit Test... how old are you?</b> <b>Wizard</b> 	<b>23</b>	<b>24</b> <b>G</b> <b>A</b> <b>M</b> <b>E</b> <b>S</b>  	<b>25</b>	<b>26</b>	<b>27</b>  <div style="border: 1px solid black; padding: 5px;"> <b>Tips &amp; Tricks</b> – Weekly updates on Health, Community &amp; Household tips to benefit your well being, community involvement &amp; your safety         </div>
<b>28</b>	<b>29</b> <b>Group Crossword</b> <b>Quiddler</b> <b>Skipbo</b>	<b>30</b>	<b>31</b> <b>Chat in the Hat</b> <b>Home Depot</b> <b>Craft Project 1:00</b> 			<div style="border: 1px solid black; padding: 5px;"> <b>Wellness &amp; Fitness</b> -improving endurance, flexibility, circulation &amp; improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch &amp; Balance Exercise, Guest Speakers, Healthy You Series         </div>

## Midland Adult Day Services May 2018

**May 01 – Carpet Bowling** – Come out for a fun morning of carpet bowling. No bowling shoes or skills necessary! **Phase 10**

**May 03 – 9:00/9:30 Bayshore Lanes Bowling** – Meet at the bowling alley or prior to 9:00am at Subway. Walk uptown to Dino's for some lunch and finish the day off by visiting the library to read a book or play a game. The MCC is also an option for the afternoon. Arrange pick up from the corner of King & Elizabeth by 3:30

**May 08 – 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 **Self- Discovery Workshop** – Designed to aid you in discovering more about yourself

**May 10/17 – 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! **Variety of Games each day see front of calendar**

**May 15** – Make your own **Nacho's** after learning about meditation and self-care in our ongoing **Healthy You Series & Mexican Train**

**May 22 – Wii Fit Test** – What is your fitness age via Wii. **Wizard**

**May 24 – Meet us at the large Pavilion-** For a day for fun and games. Please dress like you are going to the arctic and able to take off layers if it is warm. Bring a chair, lunch and water. Please arrange your rides to and from this location pick up by 3:30

**May 29 – Crosswords, Skipbo & Quiddler** - Puzzles are fun and entertaining, but on a regular basis has many benefits. What do you enjoy most about the games we play? How do you benefit from them?

**May 31 – Share in the hat** – An exercise that builds unity and cohesion. Individuals (anonymously) write on a sheet of paper something appropriate that they wish to share and discuss. The papers are folded and collected in a hat and read aloud. As a group we discuss the topics presented. Together we give ideas, options, strategies and/or maybe just something to think about. **Home Depot Craft Project 1:00pm** – Plan to have transportation pick you up from Home Depot by 3:00/3:30 – 16775 Hwy 12

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

**BIS hours are from 8:30 to 3:30 please arrange transportation accordingly**

**Brain Injury Services – Midland Adult Day Services**  
21 Essa Rd. Unit 1, Barrie ON 705-734-2178  
Tuesday and Thursday 8:30am – 3:30pm  
Beverley ext 241 / Jeremy ext 243  
Check out our Website! [www.braininjuryservices.ca](http://www.braininjuryservices.ca)



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