








| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|---|-----------|--|---|-----------|-----------|
| |  | | Summertime is always the best of what might be | 01 | 02 | 03 |
| | | | | Social Time: - 8:30-9:30am Coffee/Tea (Provided) Catching up with peers Current Events | | |
| 04 | 05 Carpet Bowling 5 Crowns  | 06 | 07 BIS Bake a Butter Tart Bonanza Brain Power Bowling Dice Game  | 08 | 09 | 10 |
| | | | | Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups. | | |
| 11 | 12 Lawn Bowl & Little Lake Park  | 13 | 14 Tips & Tricks Walk and Talk Audio Short Story Quiddler  | 15 | 16 | 17 |
| | | | | Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation | | |
| 18 | 19 Chill'in Downtown Library Lunch Outing Window Shopping  | | 21 Little Lake Park Healthy You – Self Discovery Bagged Lunch Provided 10,000 BIG DICE/EXERCISE | 22 | 23 | 24 |
| | | | | Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety | | |
| 25 | 26 Town Dock Pearl Mist Town Activity Music & Vendors Pizza Party Fishing – Option | 27 | 28 Little Lake Park Giant Dice Giant Sausage on a Bun Giant Self Esteem Exercise  | 29 | 30 | |
| | | | | Wellness & Fitness –improving endurance, flexibility, circulation & improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch & Balance Exercise, Guest Speakers, Healthy You Series | | |

Midland Adult Day Services June 2018

June 05 – Carpet Bowling – Come out for a fun morning of carpet bowling. No bowling shoes or skills necessary! **5 Crowns**

June 07 – BIS Butter Tart Bonanza – There is nothing more Canadian than the Butter Tart and around these parts we certainly know how to celebrate it! Today there will be an opportunity to create your own traditional or unique butter tart. Tart Trivia Too!

June 12 – Lawn Bowling 664 King St. Midland & Little Lake Park Volleyball Gazebo – Arrive at 9:00/9:15 The objective of lawn bowling is to roll biased balls so that they stop close to a smaller ball called a jack. Plan to walk over to Little Lake Park's Volleyball Gazebo for games and relaxation. Arrange pickup from the park. Pick up by 3:30. Rain location Large Pavilion Little Lake Park.

June 14 – Walk and Talk, Audio Short Story & Quiddler – Enjoy each other's company as we stroll around the block or building, depending on your ability. Relax by listening to an audio book.

June 19 –Library 320 King St {Assembly Room downstairs 9:30 to 12:30} **Lunch Outing** details to be decided that day bring \$\$ **Window Shopping & Midland Cultural Centre** 333 King St. – pick up by 3:30pm
Uncle Roy's 8:30 to 9:15 prior to library's opening for breakfast/coffee.

June 21 – Little Lake Park {Middle Gazebo} Self Discovery Exercise – Bagged Lunch included and a game of **10,000 Dice/Exercise** Please arrange your rides to and from this location no later than 3:30pm. Bring a chair and beverage including water.

June 26 – Town Dock – The town of Midland will provide the entertainment for the **Pearl Mist Cruise Ship** – we will take advantage of this opportunity by spending the day under 1 of the 2 town dock pavilions. Bring **\$3.00 for Pizza**, bring a beverage including water. **Fishing** – If you have a license you can take advantage of this location to cast your rod. Pick up by 3:30

June 28 – Little Lake Park {middle Gazebo} BBQ – Games – Self Esteem Exercise – A good variety of activities today. Arrange transportation to and from this location. Pick up by 3:30pm. Bring a chair and beverage including water.

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
Beverly ext 241 / Jeremy ext 243
Check out our Website! www.braininjuryservices.ca



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