

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|---|---|--|--|-----|--|
| 02 | 03 | 04 | 05 | 06 | 07 | 08 |
|  | NSSRC Hero's Journey & BINGO | | Penetanguishene Dock Champlain Legacy Sculpture Park Dock Lunch Penetanguishene Centennial Museum | Social Time: - 8:30-9:30am Coffee/Tea (Provided) Catching up with peers Current Events | | |
| 09 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | Martyr Shrine Day Guest Speaker – Elaine, Gaak Kwe Walk the Stations of the Cross to the Observation Lookout | | 12 Lawn Bowling & Volleyball Pavilion  | Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups, | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | NSSRC Self Esteem by Letter Jok-R-Umyy | | Pete Peterson Park Paint Party Paint A Birdhouse  Participants Choice | Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | Little Lake Park Brain Power Sammouna Restaurant Matinee Movie (details to follow) | | Pavilion Summer Survivor & BBQ  | Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety | | |
| 30 | 31 | | | | | |
| | Little Lake Park Self-Discovery Workshop Frisbee Golf Bocce Dice |  | Every day I smile and act like nothing's wrong, It's called putting everything aside and being strong | | | 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 July 2018

July 03 – 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. **Your Choice Afternoon. – Meet in the Boardroom NSSRC today**

July 05 – Penetanguishene History Tour – Meet in the morning under the small pavilion in the parking lot at the town dock Penetang (2 Main St.) no later than 9:45a.m. Walk/Wheel yourself to the Champlain Legacy Sculpture Park. Buy your or bring Lunch under the covered area at the Dock Lunch. Cross the road to the museum for a boo! Bring \$\$

July 10 – Martyr Shrine Day – 16163 Hwy 12 Midland – When entering the park say you are with us “BIS” and donate \$2.00 per person – Guest Speaker Gaak Kwe, Elaine’s First Nations Perspective of History through the Medicine Wheel. **Walk Observations**

July 12 - Lawn Bowling 664 King St. Midland & Little Lake Park Volleyball Pavilion – 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.

July 17 – Self Esteem by Letter Exercise & Joke-R-Ummy – A fun filled day at the Rec Centre

July 19 – Pete Peterson Park (Harbourview Drive - Right on Marina Park Ave – 1st Right Boat launch and park) **Painting & Participants Choice** – Rain Location Large Pavilion Little Lake Park

July 24 – Meet at **Little Lake Park Middle Pavilion** for brain power park style – at **11:30** BIS will provide transportation to the **Sammouna Restaurant** for lunch then walk across the road for a **Matinee Movie**. Pick up from Hwy 93 Mall – Time Details to follow as Show times are not available until the Thursday before. Bring approximately \$20/25 +

July 26 – Large Pavilion Little Lake – Summer Survivor & BBQ – Out Wit/Out Play/Out/then Out Eat/Out Rest – A perfect plan ☺

July 31 – Little Lake Park - Middle Pavilion – Frisbee Golf – Bocce – Small Dice Games

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

Summer is here – Bring Water – Lawn Chair – Sunscreen – Dress in layers – Hat

BIS hours are from 8:30 to 3:30 or as scheduled - 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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