



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p>Kindness makes you the most beautiful person in the world no matter what you look like</p> 	01	<p>02 Town Dock Cruise Ship Town Activities & Vendors</p> 	<p>03 04 05</p> <p>Social Time: - 8:30-9:30am Coffee/Tea (Provided) Catching up with peers Current Events</p>		
06	<p>07 Balm Beach Day</p>  <p>Balm Beach Golf Course Balm Beach Arcade/Lunch</p>	08	<p>09 NSSRC</p> 	<p>10 11 12</p> <p>Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups,</p>		
13	<p>14 Midland Bay Sailing Club</p> 	15	<p>16 Large Pavilion Little Lake</p> <p>Make a Mess Art 10:30</p> 	<p>17 18 19</p> <p>Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation</p>		
20	<p>21 Lawn Bowling/Volleyball Gazebo</p> <p>Scattergories</p>	22	<p>23 Wye Marsh</p> 	<p>24 25 26</p> <p>Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety</p>		
27	<p>28 NSSRC</p>  <p>Fabric Painting Kelsey's Roadhouse Games</p>	29	<p>Little Lake Park BIS Olympics</p> 	<p>31</p> <p>Wellness & Fitness -improving endurance, flexibility, circulation & improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch & Balance Exercise, Guest Speakers, Healthy You Series</p>		

Midland Adult Day Services August 2018

Aug 02– 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 the pavilion. Bring a lunch or walk to get something nearby. Rain or Shine

Aug 07 – Balm Beach Golf Course - Concession 11 Tiny LOL 2J0 – **Mini Golf & Balm Beach Arcade Georgian Grill & lunch** – join us at mini Golf by 9:15am to participate in 18 holes of mini golf, then we will go over to the Balm Beach arcade for lunch and games – golf is free bring \$\$ for lunch/games – Please arrange transportation at the end of the day from the Georgian Grill Balm Beach 7 Tiny Beaches RD Tiny LOL 2J0. (rain spot Balm Beach Arcade)

Aug 09 – Guest Police Officer & K9 –This morning we will learn about these dogs and their police officer handlers. (if available as your staff is still confirming their attendance) Your Choice and Hero's Journey. NSSRC Location

Aug 14 – Able Sail (at Midland Bay Sailing Club) - offers a relaxing recreational sailing experience for all ability levels. We will bring games and of course our regular chit chat. If you choose not to sail you are welcome to join us in the screened gazebo and hang out on Georgian Bay. Rain or Shine

Aug 16 – Large Pavilion Little Lake – 10:00/10:30 Make a Mess Art & BIS BBQ – Relax with peers under the pavilion. You'll find today creative and fun as you paint outdoors. BIS will provide a BBQ lunch of Burgers & Salad, bring a beverage.

Aug 21 - 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.

Aug 23 - Wye Marsh 16160 Highway 12 Midland L4R 4K6 – Join us for a day of hiking through nature, visit the visitors center and relax on a picnic table at the end of the day. Rain or Shine

Aug 28 – Fabric Painting & Your Choice - Get creative ideas from a stencil or free hand your creation on a hat or canvas bag. Either way fun is in the mix today! NSSRC Location

Aug 30 – BIS Olympics - Little Lake Park (middle Gazebo) – Competitors challenge themselves in a series of games designed especially for you. 1st, 2nd & 3rd place winners take home prizes, medals, and more importantly bragging rights! Rain or shine

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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