

October 2018 Midland Adult Day Services

Mon	Tue	Wed	Thu	Fri	Sat	Sun
01	02 Carpet Bowling Broccoli Soup & Crackers Program Planning	03	04 Penetanguishene Library Pumpkinferno Pizza Supper/ Bring a bevy	05 8:30-9:30am – Start your day by working on goals or individual supports by chance or by appointment. Coffee/Tea supplied	06	07
08	09 Guest Speaker – Zdenka Topic Chronic Pain 10 – 12 5 Crowns	10	11 Shuffleboard Jok-R-Uummy	12 Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups,	13	14
15	16 Everything Cheesy Today Culinary Creations Cooking Macaroni Cheese Casserole	17	18 Health Fair Or Brain Power & Your Choice	19 Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation	20	21
22	23 Goal Review/Setting Wizard	24	25 Shuffleboard 30	26 Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety	27	28
29	30 Bayshore Lanes Boathouse Lunch Library	31	VON Smart Exercise – improved strength, balance and flexibility, regardless of current physical ability. Exercise programs are designed to increase strength and balance and reduce the risk of a fall	28 Wellness & Fitness -improving endurance, flexibility, circulation & improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch & Balance Exercise, Guest Speakers, Healthy You Series	29	30

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Oct 02 – Come on out for a fun game of Carpet Bowling. Crockpot broccoli soup for lunch. Bring your ideas for program planning for Nov & Dec

Oct 04 – 3:00 pm Penetanguishene Library & 7:00 pm Discovery Harbour's Pumpkinferno \$20.00 will cover your pizza & entrance – BIS will provide transportation from the library to Discovery Harbour – Please arrange pick up no later than 9:00 pm at the Discovery Harbour gates. Wear comfortable shoes and bring a jacket. ½ day options are available

Oct 09 – 9:45 – 12:00 Guest Speaker – Zdenka Slama speaking on Chronic Pain – Midland Day Program welcomes other BIS members please contact your staff by Sept 25 to confirm your attendance. Coffee/Tea supplies. **5 Crowns**

Oct 11/25 – We begin the day playing shuffleboard. Following lunch, we will play a game of Jok-R-Uummy & 30

Oct 16 – Culinary Creations Cooking Macaroni Cheese Casserole & Cards

Oct 18 – Option 1. Health Fair – Browse the booths at the Health Fair provided by the Askennonia Seniors –
Option 2. Brain Power – Challenge yourself with some brain teasers

Oct 23 - Day Program Participants are required to set and work towards their goals quarterly and today is a great day to do just that!

Oct 30 – 9:45/10:00 **Bowling at Bayshore** Lane \$5.00 Following your game we will walk down to the **Boathouse Eatery** for lunch, then we are off the **Library**. Please arrange pick up from the Library

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

We will be located at the North Simcoe Sports & Recreation Centre unless stated above

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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