

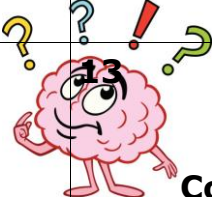



September 2018 Midland Adult Day Services

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	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.		“Change the way you look at things and the things you look at change.”	01 02 8:30-9:30am – Start your day by working on goals or individual supports by chance or by appointment. Coffee/Tea supplied		
03	04 High Tea Luncheon Trivia Phase 10 	05	06 Bayshore Lanes Bowling Town Dock 	07	08	09 Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups,
10	11 Carpet Bowling Worksheets - Self Exploration	12 	13 Yahtzee Cognitive/Reasoning Skills Worksheets	14	15	16 Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation
17	18 Large Pavilion Little Lake  Outdoor Games	19	20 Lawn Bowling & Little Lake Pavilion 	21	22	23 Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety
24 	25 Cognitive or Reasoning Skills Worksheets Paint a Canvas	26	27 Dock Lunch Penetanguishene Museum Phil's Diner North of Exile Games	28	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 September 2018

Sept 04 – High Tea/Afternoon Tea – Come sit down to enjoy scones, cakes and triangle sandwiches served at noon.

Sept 06 – Midland Town Dock & Bowling – Today we shall begin our day at the Midland Town Dock until Bayshore Lanes opens at 10am cost \$4.00. After our games we will walk back to the Midland Town Dock. You have the option to bring or by your lunch from the bowling alley, Subway or The Boathouse.

Sept 11 – Carpet Bowling & Self Discovery Worksheet – Explore oneself and record your reflections and thoughts.

Sept 13 – Yahtzee & Cognitive/Reasoning Exercises - These worksheets are not only novel and challenging, but fun.

Sept 18 – Large Pavilion Little Lake BBQ & Games – Enjoy Bocce, Ladder Ball and Washer Toss before the summer ends

Sept 20 - 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.

Sept 25 - Canvas Painting – You can choose from a variety of items to decorate. Let your imagination go wild.
Cognitive/Reasoning Exercises - these worksheets are not only novel and challenging, but fun.

Sept 27 – 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 Penetanguishene Museum, bring money for lunch at Phil's and enjoy games at North of Exile. 61 Main St. Penetanguishene

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



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