

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<b>November is Fall Prevention Month</b>		<b>01</b>  <b>Quiddler</b> <b>Flynn's Irish Pub</b> <b>Make a Mess Art Studio</b>	<b>02</b> <div style="border: 1px solid black; padding: 5px;"> <b>Social Time: - 8:30-9:30am</b> – Start your day by working on goals or individual supports by chance or by appointment. Coffee/Tea supplied         </div>	<b>03</b>	<b>04</b>
<b>05</b>	<b>06</b> <b>Carpet Bowling</b>  <b>5 Crowns</b>	<b>07</b>	<b>08</b>  <b>Sorry &amp; Euchre</b>	<b>09</b>	<b>10</b>	<b>11</b> <div style="border: 1px solid black; padding: 5px;"> <b>Cognitive Programs</b> – Designed to support &amp; maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory &amp; Brain Games/Teasers. Reminiscing &amp; Discussion Groups,         </div>
<b>12</b>	<div style="background-color: #f4a460; padding: 10px; text-align: center;">             How you can Prevent a Fall   <b>30 &amp; Skipbo</b> </div>	<b>14</b>	<b>15</b> <b>Scattergories</b>  <b>Your Choice</b>	<b>16</b>	<b>17</b>	<b>18</b> <div style="border: 1px solid black; padding: 5px;"> <b>Creative, Stimulating &amp; Life Enriching Program</b> - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation         </div>
<b>19</b>	<b>20</b> <b>Guest Speaker – Dana Bessette</b> <b>Topic: Heads up for Healthier Brains</b>		<b>22</b> <b>Shuffleboard</b> 	<b>23</b>	<b>24</b>	<b>25</b> <div style="border: 1px solid black; padding: 5px;"> <b>Tips &amp; Tricks</b> – Weekly updates on Health, Community &amp; Household tips to benefit your well being, community involvement &amp; your safety         </div>
<b>26</b>	<b>27</b> <b>Cognitive or Reasoning Skills Worksheets</b> 	<b>28</b>	<b>29</b> <b>Jok-R-Uummy</b> 	<b>Wellness &amp; Fitness</b> -improving endurance, flexibility, circulation & improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch & Balance Exercise, Guest Speakers, Healthy You Series		

## November 2018 Midland Adult Day Services

**November 01 – Quiddler** is on the schedule for this morning. At **11:30am** BIS will provide Transportation to **Flynn's Irish Pub (96 Main Street Penetanguishene, bring \$\$ for lunch)** after lunch we will go next door to **Make a Mess. Pick up between 3 – 3:30**

**November 06** – Come on out for a fun game of **Carpet Bowling**. Crockpot soup & crackers at lunch. **5 Crowns**

**November 08 – BINGO** – A game of chance in which players match numbers on their card to the numbers called and win great prizes! **Sorry & Euchre** – More fun in the afternoon

**November 13 – November is Fall Prevention Month** - Falls and fall related injuries are among the most serious and common medical problems experienced by adults. Fall prevention is a variety of actions to help reduce the number of accidental falls suffered by people. **30 & Skipbo**

**November 15** – Join us for a complete game of **Scattergories** against your peers. Challenge their answers and defend your own.

**November 20 – Guest Speaker Dana Bessette from the Alzheimer Society Topic: Heads Up for Healthier Brains**

**November 22 – Shuffleboard** – 2 teams compete in our version of the rules. The winning team gets bragging rights and will remain the current champions until we play again. **Wizard**

**November 27 – Brain Power** via Cognitive or Reasoning Skills Worksheets & **Culinary Creations** – Pancakes & Sausages

**November 29 – Games Day** – Jok – R – Ummy & Mexican Train or Your Choice

**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](http://www.braininjuryservices.ca)**



Supported by / Avec le soutien de

