


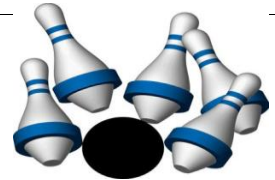


| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|---|-----|--|--|-----|-----|
| 03 | 04 | 05 | 06 | 07 | 08 | 09 |
| | <p>Carpet Bowling</p>  <p>Mexican Train</p> | | <p>Card Making</p> <p>Quiddler</p>  | <p>Social Time: - 8:30-9:30am Coffee/Tea (Provided) Catching up with peers Current Events</p> | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | <p>Boardroom</p> <p>Seasonal Celebration with Trivia and Treats Colour or Games</p> | | <p>Boardroom</p> <p>Shuffleboard</p> <p>Paint Projects</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> | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | <p>North of Exile</p>  <p>Lunch Included</p> | |  <p>Bowling Bayshore Lanes Library</p> | <p>Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation</p> | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | <p>closed</p> | | <p>closed</p> | <p>Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety</p> | | |
| 31 | | | | | | |
| | <p>No beauty shines Brighter than that Of a good heart</p> | | <p>Every day may not be a good day But there is good in every day</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> | | |

December 2018 Midland Adult Day Services

December 04 – Carpet Bowling – Come out for a fun morning of carpet bowling. No bowling shoes or skills necessary! Crockpot soup & crackers at lunch. **Mexican Train**

December 06 - Christmas / Holiday Card Making – Tis the season for holiday cards. Get creative making cards for those important to you or be creative drawing a picture

December 11- Boardroom – Seasonal Celebration with trivia & treats. Play a game or colour in the afternoon

December 13 Boardroom – Shuffleboard - The object of shuffleboard is to slide your shuffleboard discs to the highest scoring area without them falling off the mat or worse going into the minus area. It's fun & it gets you moving! **Paint Project**

December 18 – 8:00am leaving at 8:50am Breakfast at Phil Diner (be prepared to purchase your own breakfast and walk a few steps up the hill or arrive by 9:00/9:30am at 61 Main Street Penetanguishene) **Virtual Reality Experience at North of Exile & Festive Feast Provided at 12:30am**. Snack of pop & chips included. Pick up no later than 3:00pm. This is going to be an amazing experience and your meal is at zero cost to you! Thank you BIS! **ABSOLUTELY NO NUT PRODUCTS IN THIS BUILDING**

December 20 – 9:30am Bayshore Lanes Bowling \$5.00 2 games includes shoe rental. Walk or BIS will supply transportation to the **Library** depending on participants and weather. Enjoy the afternoon at the Library. As a group we can decide if we want to bring or buy lunch. Pick up at the Library at the end of the day

**See you January 03 2019 at The North Simcoe Sports & Recreation Centre – BIS Office & Programs are closed
December 25 2018 – Jan 01 2019**

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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