

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	01 Happy New Year Closed	02	03 Welcome Back Chit Chat & Your Choice Phase 10	04 Social Time: - 8:30-9:30am – Start your day by working on goals or individual supports by chance or by appointment. Coffee/Tea supplied	05	06
07	08 Carpet Bowling  10,000 Dice	09	10  Goal setting & Games	11 Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups,	12	13
14	15 Tips & Tricks Scattergories & Wizard 	16	17 Shuffleboard  Jok-R-Uummy	18 Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation	19	20
21 	22 CANNABIS – What you need to know Culinary Creations - Steak, Gravy, Mashed & Veggies	23	24 Healthy You – Being Healthy in Winter Sequence or Mexican Train	25 Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety	26	27
28	29 A day of ZEN Self-Discovery Relaxation/Meditation Adult Colouring	30	31 Shuffleboard Midland Fish & Chips - Library 	Wellness & Fitness -improving endurance, flexibility, circulation & improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch & Balance Exercise, Guest Speakers, Healthy You Series		

January 2019 Midland Adult Day Services

- Jan 01** Happy New year – See you on Thursday ☺
- Jan 03** Welcome! Chit Chat & Your Choice all day!
- Jan 08** Come on out for a fun game of **Carpet Bowling**. Crockpot soup & crackers at lunch. **10,000 Dice**
- Jan 10** **Goal Setting** – The New Year is a great time to focus on what you would like to achieve at the day program. Let your staff know or work with staff and we'll turn your thoughts into a goal! **Yahtzee, Sorry, Euchre or Your Choice**
- Jan 15** Join us for a competitive game of **Scattergories** against your peers. Challenge their answers and defend your own!
- Jan 17** **Shuffleboard** – Two teams compete in our version of the rules. The winning team gets bragging rights and will remain the current champions until we play again. **Jok –R-Uummy**
- Jan 22** **Guest Speaker from the Simcoe Muskoka District Health Unit will speak on: "What You Need to Know About Cannabis."** **Brain Power** via Cognitive or Reasoning Skills Worksheets & Culinary Creation – it's going to be good today
- Jan 24** **Healthy You** – Being Healthy in Winter – Strategies to stay healthy & fit in the cold dark months
- Jan 29** **A day of Zen** – Self Discovery, Relaxation/Meditation & Adult Colouring
- Jan 31** After an exciting game of **Shuffleboard**, BIS will provide transportation to Midland Fish and Chips. After lunch we can walk to the Library to see the renovation and play a game. Arrange transportation from the Library (320 King St).

BIS hours are from 8:30 am to 3:30 pm - 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
Beverley ext 241 / Jeremy ext 243
Check out our Website! www.braininjuryservices.ca

