

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				<b>01</b>	<b>02</b>	<b>03</b>
				<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		
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>
	<b>Carpet Bowling</b>  <b>5 Crowns</b>		<b>Tips &amp; Tricks</b> <b>Monopoly Madness</b>  <b>Skipbo</b>	<b>Cognitive Programs</b> – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups,		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	<b>Healthy You</b>  <b>Cognitive Reasoning Skills</b>		<b>A Day To Be Creative</b> <b>Culinary Creations &amp; Bath Bombs</b> <b>Shuffleboard</b> <b>30</b>	<b>Creative, Stimulating &amp; Life Enriching Program</b> - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation		
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<b>Bowling @ Bayshore Lanes &amp; Lunch</b>  <b>Library</b>		<b>Self-Discovery</b> <b>Make a Mess Wood Project \$5.00</b> 	<b>Tips &amp; Tricks</b> – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</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		
	<b>Tips &amp; Tricks</b> <b>Crosswords</b> <b>Carpet Bowling/Your Choice</b>		<b>Shuffleboard &amp; Quiddler</b> 			

# February 2019 Midland Adult Day Services

- Feb 05** Come on out for a fun game of **Carpet Bowling**. Crockpot soup & crackers at lunch. **5 Crowns**
- Feb 07** Wheel and deal as you build your fortune playing an exciting game of **MONOPOLY** online. Buy up whole neighborhoods, charge rent, and watch your empire grow. Play Skipbo when you have gone broke
- Feb 12** **Healthy You** – Heart Health; information session on how to keep your heart healthy. **Brain Power** - Cognitive Reasoning Skills worksheets
- Feb 14** **Creativity Day – Shuffleboard & Culinary Creations Cooking** – Lasagna & garlic toast. Make **Bath Bombs** - exploding with essential oils and tons of fizzy fun. Finish your day with **30** ❤️
- Feb 19** 9:45/10:00 **Bowling at Bayshore Lanes** \$5.00 Enjoy lunch at the bowling alley. After bowling, we are off to the **Library** for the afternoon. Please arrange pick up from the Library.
- Feb 21** **Self-discovery** is the process of learning more about **yourself** and who you are. **Make a Mess Art Studio** – This afternoon we will create a masterpiece of our own! Bring \$5.00 as today our art will be painted on Barn board. Arrange pick up from 100 Main St Penetanguishene
- Feb 26** **Giant Group Crosswords** will get you shouting out your best guesses. Afterwards the group can choose to play **Carpet Bowling or Your Choice**.
- Feb 28** **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. **Quiddler**

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

