




Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
		<p><b>VON Smart Exercises</b>  <b>improve your strength, balance and flexibility – for everyone regardless of your current physical ability</b>  <b>Offered Daily</b></p>		<p>Even though            I have no idea, what            Tomorrow will bring.            I am going to think            Positive and hope for            The best</p>	01	02
03	04	05 <p>Tips &amp; Tricks</p> <p>Mindful Meditation            Carpet Bowling            (Dress code see reverse ☺)            Pancakes</p>	06	07  <p>Quiddler</p>	08	09
10 <i>Day light savings</i>	11	12 <p>Mexican Train</p> <p>12:30 Don Cherry's Sports Grill            Chase the Ace/ Karma</p>	13	14 <p>Workshop/Educational:  <i>Grief, Loss, Identity, and Self-Care</i>            Your Choice</p>	15 	16
17	18	19  <p>Phil's Restaurant Midland</p>	20	21  <p>Wizard</p>	22	23
24/31	25	26 <p>Healthy You Workshop:  <i>Perseveration</i>            Crockpot Soup            Phase 10</p>	27	28  <p>Skip-Bo</p>	29	30

# Midland Adult Day Services March 2019

- Mar 05** Celebrate Shrove Tuesday by Feasting – and wearing green, purple or gold to earn your lunch of Pancakes! 10-minute **Mindful Meditation, Carpet Bowling** and Your Choice!
- Mar 07** **Self-Discovery Exercise** – A time for self-reflection. **Quiddler** - a group favourite!
- Mar 12** Come out for a few fun games of **Mexican Train**. At **12:30pm** we will head to **Don Cherry Sports Grill** for lunch. **Bring \$\$ and arrange transportation from 815 King St.**
- Mar 14** Today we take time to reflect on **Grief, Loss, Identity** and focusing on the importance of Self-Care. **Your Choice** after lunch.
- Mar 19** **Bowling Bayshore Lanes** – For the early risers, meet us at **Subway 8:30 – 9:00 am**. If you plan to bowl meet us at **9:30 at Bayshore Lanes** 205 King St, Midland On L4R-3L8 \$5.00 plus lunch \$\$ at **Phil's Restaurant**. Arrange pick up from 519 Hugel Ave – P.S. its half price wings! Please don't be late!
- Mar 21/28** **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! **Wizard & Skipbo**
- Mar 27** **Healthy You: Perseveration** – Learn what it is and how to take steps to overcome it. Crockpot Pork & Beans served with bread. **Phase 10**

## Brain Injury Services – Barrie Adult Day Services

Tuesday and Thursdays 8:30am – 3:30pm

**Barrie Office** 705-734-2178  
Beverley ext 241 / Jeremy ext 243

Check out our website! [www.braininjuryservices.ca](http://www.braininjuryservices.ca)



Supported by / Avec le soutien de



**BIS Adult Day Services** offers a variety of social, recreation and skill building opportunities to adults living with an ABI

**Social Time: - 8:30-9:30am**  
Coffee/Tea (Provided), Catching up with peers, Current Events

**Cognitive Programs** – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups

**Creative, Stimulating & Life Enriching Program** - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation

**Tips & Tricks** – Monthly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety

**Wellness & Fitness** -improving endurance, flexibility, circulation & enhancing vitality. Simulate your brain with education and self-discovery through the Healthy You Series and Self Exploration/Self-Esteem workshops VON Smart Exercise Programs- improve your strength, balance and flexibility, regardless of your current physical ability.

Shuffleboard, Lawn Bowling, Carpet Bowling will also get you moving, bending and participating with your team mates!

**Soup Day** – Enjoy a free hearty bowl of soup & bread! served 1 x monthly in the winter months.

**Culinary Creations** – Learn/help with cooking skills, trying new & old recipes

**NOTE:** Participants need to be independent with transportation and personal support requirements, as one to one assistance is not available.