

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
	01 	02 Tips & Tricks Carpet Bowling Crosswords	03	04 Self-Discovery 10,000 Dice & Karma	05 	06
07	08	09 Self – Discovery Workshop 	10	11 Clue Culinary Creations Cooking Cards	12	13
14	15	16 Unmasking Brain Injury Project 	17	18 Tips & Tricks  Phase 10	19	20
21	22 	23 Rai Cha Goal Setting Peer Directed Games	24	25  5 Crowns	26	27
28	29	30 Brain Power – Reasoning Skills Mom’s Restaurant – 12:30pm		VON Smart Exercises improve your strength, balance and flexibility – for everyone regardless of your current physical ability		

Midland Adult Day Services April 2019

- April 02** **Carpet Bowling** - Come out for a fun morning of carpet bowling. No bowling shoes or skills necessary! **Crosswords** - a puzzle in which the solver deduces words suggested by numbered clues and writes them into corresponding boxes in a grid to form a vertical and horizontal pattern.
- April 04** **Self- Discovery** – is a journey of exploration through our inner self, discover who we are, our potential and self-awareness **10,000 & Karma**
- April 09** **Healthy You** – Staying Focused, Mental Clarity & Concentration. **Quiddler** – work with a partner to get the longest word, the most words, and of course bragging rights!
- April 11** Today is brought to you by the letter “C.” Learn to play **Clue. Culinary Creations Cooking** Tourtiere Meat Pie, Salad & Chocolate Bunnies. **Cards Games**
- April 16** **Unmasking Brain Injury Project** – There’s a story behind every mask and behind every mask there’s a person, a person with a brain injury. Come out to participate in making brain injury a topic of conversation! **Your Choice**
- April 18** **Mexican Train** – A fun filled game of Dominos! **Phase 10**
- April 23** **Rai Cha & Goal Setting** – Annual paper work and bring your ideas for goal setting. **Peer Directed Games**
- April 25** **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
- April 30** **Reasoning Skills Workbook** - Join us for some exercises that can help with practical situations, reading comprehension, and creative thinking! BIS will supply transportation to our **Lunch Outing at Mom’s Restaurant.** Arrange transportation from 200 Pillsbury Drive Midland – Bring lunch \$\$

Brain Injury Services – Barrie Adult Day Services
Tuesdays and Thursdays 8:30am – 3:30pm

Barrie Office 705-734-2178
Beverly ext 241 / Jeremy ext 243



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.

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