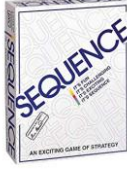
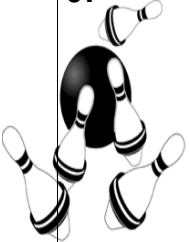


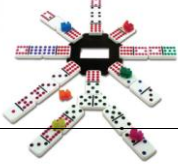



Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	<p><b>A hero is an extraordinary individual That finds the strength To preserve and Endure in spite of Overwhelming obstacles</b></p>	01	<p>02 <b>Jok-R-Uummy &amp; Sequence Game</b></p> 	<p>03</p> <p><b>Social Time: - 8:30-9:30am – Start your day by working on goals or individual supports by chance or by appointment. Coffee/Tea supplied</b></p>	04	05	
06	<p>07 <b>Penetanguishene Knights of Columbus Bowling</b></p> <p><b>Gidley's Galley</b></p> 	08	<p>09 <b>Shuffleboard</b></p> 	10	11	12	
				<p><b>Cognitive Programs – Designed to support &amp; maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory &amp; Brain Games/Teasers. Reminiscing &amp; Discussion Groups,</b></p>			
13	<p>14 <b>Tips &amp; Tricks</b></p> <p><b>Cognitive Skills Workbook</b></p> <p><b>Carpet Bowling</b></p>	15	16	<p><b>Shuffleboard</b></p> <p><b>Karma / Uno</b></p>	17	18	19
				<p><b>Creative, Stimulating &amp; Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation</b></p>			
20	<p>21 <b>Brought to you by the letter "P"</b></p> <p><b>Pictionary</b></p> <p><b>PIZZA POCKETS</b></p> <p><b>Phase 10</b></p> 	22	23	<p><b>Healthy You – Mindfulness Matters</b></p> <p><b>Chicken Foot</b></p> 	24	25	26
				<p><b>Tips &amp; Tricks – Weekly updates on Health, Community &amp; Household tips to benefit your well being, community involvement &amp; your safety</b></p>			
27	<p>28 <b>Little Lake Park Day</b></p> <p><b>Self – Discovery Workshop &amp; Skipbo</b></p> 	29	30	<p><b>Painting Craft</b></p> <p><b>Your Choice</b></p>	31		
				<p><b>Wellness &amp; Fitness -improving endurance, flexibility, circulation &amp; improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch &amp; Balance Exercise, Guest Speakers, Healthy You Series</b></p>			

## May 2019 Midland Adult Day Services

**May 02** – Join us as we start our morning off with a game of **Jok-R-Uummy** - let's see who gets a smiley face. After lunch we will play a challenging and fun game of **Sequence**.

**May 07** – Meet us promptly at 9:30am bowling times can't be changed – 17 Poyntz St. Penetang for bowling \$5.00 including shoes. After bowling - we will walk across the road to the Village Square plaza for lunch at Gidley's Galley. Gidley's close at 3:00pm. Please arrange pick up from 2 Poyntz St Penetanguishene at that time.

**May 09** – **Shuffleboard** 2 teams compete in our version of the rules. The winning team gets bragging rights and will remain the current champions until we play again. **Wizard** will be played after lunch

**May 14** – These clever exercises with an emphasize problem solving, thought processing and word retrieval will help improve cognition. **Carpet Bowling** this afternoon will switch up our regular routine, encouraging you to stay the entire day!

**May 16** – Last morning of **Shuffleboard** until the fall, come out and benefit from a little exercise and a lot of fun! Let's see what your **Karma** is like with this card game, if time allows a quick game of **UNO**

**May 21** – Today is brought to you by the letter “**P**” - **Pictionary, Pizza Pockets to eat and Phase 10**

**May 23** – **Healthy You – Mindfulness Matters** – Let's learn about it and how to practice it. A brief **Walk or Carpet Bowling** will be your choice after lunch.

**May 28** – **Little Lake Park Day** – Enjoy a beautiful day at Little Lake under the Large Pavilion. A selection of games will be provided as well as an exercise in self-discovery. Remember to wear layers just in case it is chilly. Arrange transportation no later than 3:30pm at the park.

**May 30** – Creativity is on the agenda today as we **paint** something wonderful on a canvas! Finish the day off by playing **10,000 Dice**

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

