


Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p><b>June is Brain Injury Awareness Month</b></p>		<p><b>Unmasking Brain Injury Displays</b>            At 21 Essa Road June 18<sup>th</sup>            705-734-2178</p>		<p><b>01</b></p> <p><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</p>	<p><b>02</b></p>
<p><b>03</b></p>	<p><b>04</b></p> <p><b>Carpet Bowling Phase 10</b></p>	<p><b>05</b></p>	<p><b>06</b></p> <p><b>Self-Discovery Workshop</b>  <b>Butter Tart Treats &amp; Trot (walk)</b>  <b>Quiddler</b></p>	<p><b>07</b></p>	<p><b>08</b></p>	<p><b>09</b></p> <p><b>Cognitive Programs</b> – Designed to support &amp; maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory &amp; Brain Games/Teasers. Reminiscing &amp; Discussion Groups,</p>
<p><b>10</b></p>	<p><b>11</b></p> <p><b>Lawn Bowling</b></p>  <p><b>10,000 Dice</b></p>	<p><b>12</b></p> 	<p><b>13</b></p> <p><b>5 Crowns</b></p> <p><b>Brain Power – Group Crosswords</b></p>	<p><b>14</b></p>	<p><b>15</b></p>	<p><b>16</b></p> <p><b>Creative, Stimulating &amp; Life Enriching Program</b> - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation</p>
<p><b>17</b></p>	<p><b>18</b></p> <p><b>Brain Power – Cognitive Skills</b></p> <p><b>Euchre / Sorry / Karma</b></p>	<p><b>19</b></p>	<p><b>20</b></p> <p><b>Goal Review / Setting</b></p> <p><b>Your Choice</b></p> 	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p> <p><b>Tips &amp; Tricks</b> – Weekly updates on Health, Community &amp; Household tips to benefit your well being, community involvement &amp; your safety</p>
<p><b>24</b></p>	<p><b>25</b></p> <p><b>Little Lake Park</b></p> <p><b>Celebrate Aboriginal Day</b>  <b>Guest Speaker – Shawn Waters</b>  <b>Submarine Lunch Provided</b>  <b>Feather Painting</b></p>	<p><b>26</b></p>	<p><b>27</b></p> <p><b>Little Lake Park</b></p> <p><b>Healthy You – Mindfulness Matters</b>  <b>Karma</b>  <b>Ice Cream Treat Provided</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p> <p><b>Wellness &amp; Fitness</b> -improving endurance, flexibility, circulation &amp; improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch &amp; Balance Exercise, Guest Speakers, Healthy You Series</p>

## June 2019 Midland Adult Day Services

**June 04 - Carpet Bowling** - It is played by two teams at a time. Each player has two bowls, with which to get their bowl as close as possible to a pre-positioned jack ball, at the other end of the carpet. **Phase 10**

**June 06 – Self - Exploration Workshops** – An ordinary life can be an extraordinary life. There is beauty in imperfection and that magic can be found in the everyday! Let's record reflections and thoughts. **Quiddler** – This morning we'll play this fun game in which players compete by spelling words from cards in hands of increasing size, each card worth various points. **Walk**

**June 11 – Lawn Bowling 664 King St. Midland & Little Lake Park Volleyball Gazebo** – Arrive between 9:00 & 9:30 The objective of lawn bowling is to roll biased balls so that they stop close to a smaller ball called a jack. Plan to walk over to Little Lake Park's Volleyball Gazebo for games and relaxation. Arrange pickup from the park. Rain location Volleyball Gazebo Little Lake Park. Be prepared to sign a liability waiver for lawn bowling.

**June 13 – Group Crosswords** – Join us for a fun and engaging morning of group crosswords & 5 Crowns

**June 18 – Brain Power** – Challenge your brain with Cognitive Skills Workbook.

**June 20 – Goal Setting** – 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 plan! **Yahtzee, Sorry, Euchre or Your Choice**

**June 25 – Little Lake Park (Large Pavilion) – Celebrate Aboriginal Day** - Today we recognize and celebrate the culture and contributions of the First Nation, Inuit and Metis by having guest speaker Shawn Waters. In the afternoon we will paint feathers on a canvas. **Submarine sandwiches supplied. bring a beverage.**

**June 27 - Little Lake Park (middle gazebo) - Games Day and Some Walking** - Research suggests that games can do wonderful things for your brain! Games improve logical thinking, make us better learners, and decrease your probability of developing dementia.

**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)**



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