






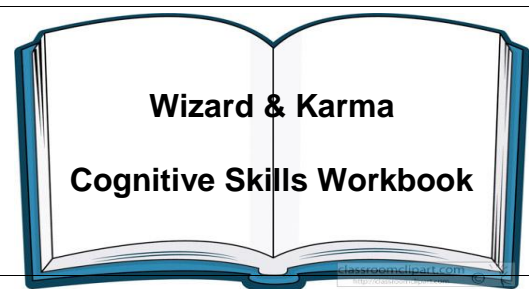


Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Wake Up and Be Awesome		01 Town Dock Cruise Ship Visit Town Activities & Vendors 	02	03	04 Social Time: - 8:30-9:30am – Start your day by working on goals or individual supports by chance or by appointment. Coffee/Tea supplied
05	06 Carpet Bowling  Phase 10	07	08  Miss Midland Boat Cruise	09	10	11 Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups,
12	13 Outdoor Game Competition <i>Join us for a</i> 	14	15 Martyrs' Shrine Day	16	17	18 Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation
19	20 	21	22  Surprise BBQ A day of Zen in the park Self- Discovery Workshop Adult Colouring	23	24	25 Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety
26	27 	28	29  Wizard & Karma Cognitive Skills Workbook	30	31	Wellness & Fitness -improving endurance, flexibility, circulation & improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch & Balance Exercise, Guest Speakers, Healthy You Series

August 2019 Midland Adult Day Services

Aug 01 – Town Dock – The town of Midland will provide the entertainment for the **Pearl Mist Cruise Ship**. We will take advantage of this opportunity by spending the day under the town dock pavilions. Bring or buy your lunch by walking to the boathouse. Remember to bring a beverage including water. **Fishing** – If you have a license you can take advantage of this location to cast your rod. Rain or Shine

Aug 04 - Carpet Bowling - It is played by two teams. 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**

Aug 08 – Miss Midland Boat Cruise – Arrive no later than 9:45am. Cost is \$25.00 - BIS will subsidize \$5.00 towards your cruise. Cruise is 2.5hrs long. Bring or buy your lunch. (meat pies and hot dogs available on the cruise) The tall ships will be visiting this weekend and hopefully we'll see some coming into Midland while we are out on Georgian Bay. Rain or Shine

Aug 13 – Outdoor Games Competition & BBQ at Little Lake Park Middle Gazebo – Today you will compete against your peers in ladder ball, Bocce Toss, Bag Ball, & Yahtzee Roll. Bring a beverage for the BBQ served near noon.

Aug 15 – Martyrs' Shrine Day - 16163 Hwy 12 Midland, Free Admission, meet us near the Papal Altar. Join us for a fun filled day of games including giant Yahtzee! Other options include; walk the stations or the cross, tour the Shrine and check out the lookout. Rain or Shine

Aug 20 – 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.

Aug 22 – Little Lake Park Day of Zen at the middle Gazebo – Participate in a Self-Discovery Workshop and get in the Zen zone by colouring. Walk/view nature and enjoy the sights and sounds surrounding you... Lawn mowers! **BBQ Chicken Burgers – Bring a bevy!!**

Aug 27 – Mini Golf and Georgian Grill/Arcade -Balm Beach Golf Course, Concession 11 Tiny L0L 2J0 – Join us at mini golf by 9:15am to participate in 18 holes of mini golf. BIS will provide a ride via taxi to Georgian Grill Balm Beach for lunch and games. Golf is free but bring \$\$ for lunch/games – Please arrange transportation at the end of the day from the Georgian Grill Balm Beach 7 Tiny Beaches RD Tiny L0L 2J0. (rain spot Balm Beach Arcade)

Aug 29 – Cognitive Skills Workbook & Games - These clever exercises involving thought processing and word retrieval. **Karma & Wizard**

BIS hours are from 8:30 to 3:30 - please arrange transportation accordingly

Brain Injury Services – Midland Adult Day Services
527 Len Self Blvd Midland L4R – 5N6 705-734-2178
Tuesday and Thursday 8:30am – 3:30pm
Beverly ext 241 / Jeremy ext 243
Check out our Website! www.braininjuryservices.ca



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