

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	01 First Contact Documentary 	02	03 5 Crowns Swiss Chalet Lunch 	04	05	06 Social Time: - 8:30-9:30am – Start your day by working on goals or individual supports by chance or by appointment. Coffee/Tea supplied
07	08 Carpet Bowling  Phase 10	09	10 Crosswords Crock Pot Turkey Vegetable Soup & Buns Thanksgiving Trivia & Your choice	11	12	13 Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups,
14 	15 ABI Education  Mexican Train	16	17 Carpet Bowling Health Fair Guest Speaker 1:00pm via Askennonia	18	19	20 Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation
21	22 Quiddler Make Your Own Flatbread Jok-R-Uummy	23	24  Cognitive Skills Worksheets Meditation/Relaxation	25	26	27 Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety
28	29 Guest Dog Ollie Favourite Quote Craft 	30	31  Shuffleboard  Crock a Doodle			Wellness & Fitness -improving endurance, flexibility, circulation & improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch & Balance Exercise, Guest Speakers, Healthy You Series

October 2019 Midland Adult Day Services

Oct 01 – First Contact Documentary – In this documentary series, a group of six non-Indigenous Canadians, all with stereotypical opinions about Indigenous people, are taken on a unique 28-day exploration of Indigenous Canada. The six participants are tested in extraordinary situations, their beliefs are confronted, and their emotions pushed to the limit. **BINGO**

Oct 03 – 5 Crowns – come out to play this rummy style game. **Swiss Chalet for lunch bring \$ for lunch** please arrange pick up from Swiss Chalet 9340 County Rd 93 Midland, ON L4R-4K4

Oct 08 - 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**

Oct 10 – Crosswords - Join in on Group Crosswords. **Turkey Soup with buns** served up at lunch time, bring a beverage and whatever else you might want to eat. **Thanksgiving Trivia & Your Choice**

Oct 15 – ABI Education/Memory Strategies – Learn memory strategies and utilize them to solve interesting and fun exercises. **Mexican Train**

Oct 17 – 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. **Health Fair 1:00pm upstairs**

Oct 22 – Create your Own Lunch – Flatbread with pizza sauce or pesto and a variety of toppings. **Quiddler & Jok-R-Uummy** – Join the group for nothing but fun and games all day

Oct 24 – Cognitive Skills Workbook & Games - These clever exercises involving thought processing and word retrieval. **Meditation/Relaxation**

Oct 29 – Guest Dog - Ollie/owner Judy will join the group for a little pet therapy. **Favourite Quote Craft** – bring in your favourite quote to create something inspirational.

Oct 31 – Happy Halloween - 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. **Crock a Doodle 1:00pm** please arrange to be picked up from The Great Canadian Superstore 9292 County Rd 93

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
Beverley ext 241 / Jeremy ext 243
Check out our Website! www.braininjuryservices.ca



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