



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<b>November is Fall Prevention Month</b>		<b>Think Positive</b> <b>Exercise Daily</b> <b>Eat Healthy</b> <b>Stay Strong</b> <b>Work Hard</b> <b>Be Happy</b>	<b>01</b>	<b>02</b>	<b>03</b>
				<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		
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>
	<b>Carpet Bowling</b> 		<b>Your Choice</b> 	<b>Cognitive Programs</b> – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups,		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	 <b>Paint a Mug</b> <b>How to Prevent a Fall Education Session</b>		<b>Scattergories</b> 	<b>Creative, Stimulating &amp; Life Enriching Program</b> - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation		
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<b>Midland Cultural Centre</b> <b>Phil's Diner Lunch</b> <b>Games</b>		<b>Shuffleboard</b> 	<b>Tips &amp; Tricks</b> – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
	<b>Cognitive/ Reasoning Skills</b> <b>Worksheets &amp; Phase 10</b> 		 <b>Pancakes and Sausages</b>	<b>Wellness &amp; Fitness</b> -improving endurance, flexibility, circulation & improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch & Balance Exercise, Guest Speakers, Healthy You Series		

## November 2019 Midland Adult Day Services

**November 05 - 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. **Five Crowns. Crock Pot Soup** – Enjoy soup & crackers for lunch

**November 07 - BINGO** – A game of chance in which players match numbers on their card to the numbers called and win great prizes!  
**Your Choice** - More fun in the afternoon

**November 12 - Painting** – This morning you can paint your own mug. **November is Fall Prevention Month** - Falls and fall related injuries are among the most serious and common medical problems experienced by adults. Fall prevention is a variety of actions to help reduce the number of accidental falls suffered by people.

**November 13** – Join us for a competitive game of **Scattergories** against your peers. Challenge their answers and defend your own. **Self-Discovery**

**November 19** –At 10:00 a.m. this morning we will meet at the **Midland Cultural Centre** 333 King St, Midland to gaze at the art and play a few games. For Lunch at noon meet us at Phil's diner 519 Hugel Ave, Midland. Please arrange transportation accordingly as we will stay at this location until the end of the day. If you are arriving before 10:00am meet staff at Ciboulette Et Cie - 290 King St Midland

**November 21** – **Shuffleboard** two 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**

**November 27** – **Brain Power** via Cognitive or Reasoning Skills Worksheets & **Phase 10**

**November 29** – **Shuffleboard & Culinary Creations** – Pancakes & Sausages

**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  
Beverley ext 241 / Jeremy ext 243  
Check out our Website! [www.braininjuryservices.ca](http://www.braininjuryservices.ca)



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