

Mon	Tue	Wed	Thu	Fri	Sat	Sun
02	03 Bill Thompson Room Carpet Bowling & Chickenfoot Dominos 	04	05 Bill Thompson Room Crosswords Jok – R - Uummy 	06	07	01/08 <div style="border: 1px solid black; padding: 5px;">Social Time: - 8:30-9:30am Coffee/Tea (Provided) Catching up with peers Current Events</div>
09	10 Downtown  Art Gazing MCC Lunch at Cellarman's & Library	11	12 Boardroom Shuffleboard & Phase 10 	13	14	15 <div style="border: 1px solid black; padding: 5px;">Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups,</div>
16	17 Boardroom  Documentary on Memory Christmas Lunch & Trivia/Games	18	19 Boardroom Wooden Snowman Craft 10,000 Dice 	20	21	22 <div style="border: 1px solid black; padding: 5px;">Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation</div>
23	24 Mom's Restaurant  Breakfast & Reminiscing	25	26 Closed 	27	28	29 <div style="border: 1px solid black; padding: 5px;">Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety</div>
30	31 Closed No beauty shines Brighter than that Of a good heart		Every day may not be a good day But there is good in every day			<div style="border: 1px solid black; padding: 5px;">Wellness & Fitness -improving endurance, flexibility, circulation & improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch & Balance Exercise, Guest Speakers, Healthy You Series</div>

December 2019 Midland Adult Day Services

December 03 - Carpet Bowling – Come out for a fun morning of carpet bowling. No bowling shoes or skills necessary! Crockpot soup & crackers at lunch. **Chickenfoot Dominos**

December 05 - Brain Power via Giant Crosswords. Jok-R-Uummy is the perfect pastime to liven-up a group. It's also one of the only games that eliminates barriers since all can gather around to play and there is no complicated counting of points!

December 10 – A day downtown! Meet us at the **Midland Library** 230 King Street which opens at 9:30am. After exploring the Library, we shall walk up to **Cellarman's** at 11:30am for some Pub Grub 337 King Street, Midland. After filling our bellies, we will head down to the **Midland Cultural Centre** 33 King Street at 1:00pm to finish out our day! Please arrange transportation accordingly and be mindful of the times listed.

December 12 - 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!

Dec 17 – Documentary: The Memory Mirage – This interesting and informative 2018 documentary discuss the latest theories on how memory works. **Lunch Provided** – Stuffed chicken, mini potatoes, mixed vegetables and one bun and dessert! **Trivia and/or a game**

December 19 - Experience the fun in creating your own **snowman on wood**, once you complete your snowman you can reflect on your own work. You may act and think like designers or artists, working intelligently and creatively. But more importantly chatting with peers and having fun! **10,000 Dice**

December 24 – Meet up at **Mom's Restaurant** for breakfast and **Reminiscing**... and a game or two. Today is a ½ day arrange your transportation accordingly. Be aware Mom's closes early on Christmas Eve

Please note the room location within the North Simcoe Sports and Recreation Centre

BIS will be closed Dec 25th to Jan 01 – reopening on Tuesday Jan 02 See you at the recreation Centre

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

