

Mon	Tue	Wed	Thu	Fri	Sat	Sun			
	<p><i>Hospitality</i> <i>Treating someone like they belong, before they belong, until they belong.</i></p>	01	02	<p>Chit Chat 30 & 10,000 Dice Your Choice</p>	03	04	05	<p>Social Time: - 8:30-9:30am – Start your day by working on goals or individual supports by chance or by appointment. Coffee/Tea supplied</p>	
06	07	08	09	10	11	12	<p>Carpet Bowling</p>  <p>5 Crowns</p>	<p>Shuffleboard</p> 	<p>Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups,</p>
13	14	15	16	17	18	19	<p>Tips & Tricks</p> <p>Brain Power/Cognitive Skills</p> <p>Euchre & Sorry</p>	<p>Midland Cultural Centre/Library</p> <p>Uncle Roy's</p>  <p>Mexican Train</p>	<p>Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation</p>
20	21	22	23	24	25	26	<p>Brunch</p> <p>Make Your Own Omelette</p> <p>Quiddler</p>	<p>Tips & Tricks</p> <p>Shuffleboard</p> <p>Phase 10</p>	<p>Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety</p>
27	28	29	30	31			<p>Self-Discovery Workshop – The Baggage Activity & Skipbo</p> 	<p>Healthy You</p> <p>Karma & Wizard</p>	<p>Wellness & Fitness -improving endurance, flexibility, circulation & improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch & Balance Exercise, Guest Speakers, Healthy You Series</p>

Jan 2020 Midland Adult Day Services

Jan 02 – Come in relax, have a warm beverage and **chit chat** with peers! Play a game or two of **Dice** or **Your Choice**.

Jan 07 – **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 **Euchre or Sorry** - The word "sorry" is the perfect way to explain the game Sorry. Sorry is a board game where players draw cards and try to advance by making you go back to start or taking your place on the board

Jan 09 – **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. **Jok-R-Uummy**

Jan 14 – **Brain Power/Cognitive Skills & Games** - These clever exercises involving thought processing and word retrieval. **Games**.

Jan 16 – At 10:00 a.m. this morning we will meet at the **Midland Cultural Centre** (333 King St, Midland) to gaze at the ever changing art and play a few games. For lunch at noon meet us at **Uncle Roy's** (289 King Street, Midland). After lunch we will go to the **Library**, please arrange transportation accordingly. If you are arriving before 10:00am meet staff at The Blue Garden at 8:30/9:00am.

Jan 21 – **Cook** your own **brunch** starting at 11:30am. **Quiddler** is on the agenda for today!

Jan 23 – **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.

Jan 28 – **Self- Discovery Workshop – The Baggage Activity** - We live in an era of rising mental health awareness, but also increased social pressures to appear as if you have it all together. This activity allows participants to share some struggles and emotional baggage with peers in a safe supportive environment.

Jan 30 - **Healthy You** – Health related information will be presented this morning. **Wizard**

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

