

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			<i>Start each day with a grateful heart</i>		01	02
				Social Time: - 8:30-9:30am – Start your day by working on goals or individual supports by chance or by appointment. Coffee/Tea supplied		
03	04	05	06	07	08	09
	Carpet Bowling  5 Crowns		Tips & Tricks Monopoly Madness  Skipbo	Cognitive Programs – Designed to support & maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory & Brain Games/Teasers. Reminiscing & Discussion Groups,		
10	11	12	13	14	15	16
	Bowling Bayshore Lanes Wing House 		60's Theme Day  Chocolate Fondue/Strawberries & Tunes	Creative, Stimulating & Life Enriching Program - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation		
17	18	19	20	21	22	23
	Tips & Tricks  Healthy You		Carpet Bowling Mexican Train	Tips & Tricks – Weekly updates on Health, Community & Household tips to benefit your well being, community involvement & your safety		
24	25	26	27	Wellness & Fitness -improving endurance, flexibility, circulation & improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch & Balance Exercise, Guest Speakers, Healthy You Series		
	Crosswords Shrove Tuesday Pancakes Wizard		Shuffleboard & Quiddler 			

February 2020 Midland Adult Day Services

Feb 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 prepositioned jack ball, at the other end of the carpet. **Five Crowns. Crock Pot Soup** – Enjoy soup & crackers for lunch

Feb 06 – Wheel and deal as you build your fortune playing an exciting game of **MONOPOLY!** Buy up whole neighborhoods, charge rent, and watch your empire grow. Play **Skipbo** when you have gone broke

Feb 11 – 9:30 **Bowling at Bayshore Lane** \$5.00 Wing House Lunch 356 Eighth St Midland. Please arrange pick up from the Wing House by 3:00pm

Feb 13 – **60's Theme Day**, Dress in bright colours or anything 60's style! Chocolate Fondue Strawberries and Tunes



Feb 18 – **Healthy You** – Heart Health: information session on how to keep your heart healthy. **Tips & Tricks**

Feb 20 – **Carpet Bowling** - It is played by two teams. Each player has two bowls, with which to get their bowl as close as possible to prepositioned jack ball, at the other end of the carpet. **Mexican Train**

Feb 25 – **Crosswords. Shrove Tuesday Pancakes** served at noon. Bring a beverage and anything else you'd like to eat. **Wizard**

Feb 27 - 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. **Quiddler**

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



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