

Mon	Tue	Wed	Thu	Fri	Sat	Sun
02	03	04	05	06	07	08
	<p><b>Carpet Bowling &amp; Karma</b></p> 		<p><b>5 Crowns or Quiddler</b></p> 	<p><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</p>		
09	10	11	12	13	14	15
	<p><b>Tips &amp; Tricks</b></p> <p><b>Brain Power/Cognitive Skills</b></p> <p><b>Dominos</b></p>		<p><b>Shuffleboard</b></p>  <p><b>Wizard</b></p>	<p><b>Cognitive Programs</b> – Designed to support &amp; maintain memory and brain fitness. Guest Speakers and Education Sessions. Word, Memory &amp; Brain Games/Teasers. Reminiscing &amp; Discussion Groups,</p>		
16	17	18	19	20	21	22
	<p><b>St. Patrick's Day Trivia</b></p> <p><b>Swiss Chalet</b></p> <p><b>Matinee Movie</b></p> 		<p><b>Spring Begins</b></p> <p><b>Shuffleboard</b></p> <p><b>Tourtierre Meat Pie for our Lunch &amp; Learn: A to Z of Brain Injury</b></p>	<p><b>Creative, Stimulating &amp; Life Enriching Program</b> - Art Classes, Meditation, Culinary Classes, Crafts, Themed Cooking/Dress Up, Sensory Stimulation</p>		
23	24	25	26	27	28	29
	<p><b>Art Project &amp; Dice</b></p> 		<p><b>Shuffleboard</b></p>  <p><b>Quiddler</b></p>	<p><b>Tips &amp; Tricks</b> – Weekly updates on Health, Community &amp; Household tips to benefit your well being, community involvement &amp; your safety</p>		
30	31			31		
	<p></p> <p><b>Large Crosswords &amp; Jok R Ummy</b></p>			<p><b>Wellness &amp; Fitness</b> -improving endurance, flexibility, circulation &amp; improving vitality. Wii Fit, Walking, Chair/Yoga, Flex, Stretch &amp; Balance Exercise, Guest Speakers, Healthy You Series</p>		

## March 2020 Midland Adult Day Services

**March 03 – 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. **Karma. Crock Pot Soup** – Enjoy soup & crackers for lunch.

**March 05 – 5 Crowns, Quiddler & BINGO** – it's all about fun and games today - oh and prizes too!

**March 10 – Brain Power/Cognitive Skills & Games** - These clever exercises involving thought processing and word retrieval. **Dominos.**

**March 12 – 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**

**March 17 – St. Patrick's Day Trivia** in the morning, before heading to **Swiss Chalet 9340 Country Rd 93 Midland** for lunch at 11:00am if a **Matinee Movie** is available we will go - otherwise we will remain at Swiss Chalet (we will know about the movie by March 12)

**March 19** – After **Shuffleboard**, BIS will provide each person with Lunch that will include a piece of tourtiere meat pie, cookies & coffee/tea. While eating lunch we will learn **The A to Z of Brain Injury.**

**March 24** – Staff will instruct the group in making a **geometric art project. 10,000 Dice** in the afternoon.

**March 26 – 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. **Quiddler.**

**March 31** – Brain Power via **Large Group Crosswords & Jok-R-Umyy**

**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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