






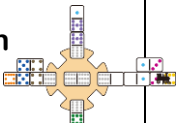



# January 2024 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p>01</p> <p>New Years Day BIS CLOSED</p> 	<p>02</p> <p><b>MORNING</b> Dice Games</p> <p><b>AFTERNOON</b> Quiddler</p>	<p>03</p> <p><b>MORNING</b> VON Exercise Guided Meditation </p> <p><b>AFTERNOON</b> Axe-Throwing Poker</p>	<p>04</p>	<p>05</p> <p><b>MORNING</b> Quiddler</p> <p><b>AFTERNOON</b> Phase 10</p>
<p>08</p> <p><b>MORNING</b> Chair Yoga  Practice Positivity</p> <p><b>AFTERNOON</b> Jok-R-Uummy</p>	<p>09</p> <p><b>MORNING</b> Sequence</p> <p><b>AFTERNOON</b> Axe Throwing Poker </p>	<p>10</p> <p><b>MORNING</b> VON Exercise Five Crowns</p> <p><b>AFTERNOON</b> Skip-Bo</p>	<p>11</p>	<p>12</p> <p><b>MORNING</b> Chair Yoga</p> <p><b>AFTERNOON</b> Scene It Movies/Music </p>
<p>15</p> <p><b>MORNING</b> Group Crosswords Arts and Crafts</p> <p><b>AFTERNOON</b> Your Choice Dice Game</p>	<p>16</p> <p><b>MORNING</b> Yahtzee</p> <p><b>AFTERNOON</b> Boggle</p>	<p>17</p> <p><b>MORNING</b> VON Exercise Quiddler</p> <p><b>AFTERNOON</b> Phase 10</p>	<p>18</p>	<p>19</p> <p><b>MORNING</b> Bingo </p> <p><b>AFTERNOON</b> 10,000 Dice</p>
<p>22</p> <p><b>MORNING</b> Chair Yoga Let's Make Soup! </p> <p><b>AFTERNOON</b> Bingo</p>	<p>23</p> <p><b>MORNING</b> Phase 10</p> <p><b>AFTERNOON</b> Wizard</p>	<p>24</p> <p><b>MORNING</b> VON Exercise Guided Meditation</p> <p><b>AFTERNOON</b> Your Choice!</p>	<p>25</p>	<p>26</p> <p><b>MORNING</b> Chair Yoga Scattergories</p> <p><b>AFTERNOON</b> Wizard</p>
<p>29</p> <p><b>MORNING</b> Mexican Train </p> <p><b>AFTERNOON</b> Movie Afternoon</p>	<p>30</p> <p><b>MORNING</b> Your Choice!</p> <p><b>AFTERNOON</b> Poker</p>	<p>31</p> <p><b>MORNING</b> VON Exercise Karma</p> <p><b>AFTERNOON</b> Yahtzee </p>	<div style="border: 1px solid black; padding: 10px;"> <p>VON Smart Exercise</p> <p>This exercise program improves strength, balance, cardiovascular health, and can help</p> </div>	

## Highlights for this month!

Jan 01	New Year's Day – BIS CLOSED
Jan 03/09	Axe-Throwing Poker – Don't worry, the axes are plastic and not sharp! Join us for this fun activity where you can aim for the best poker hand!
Jan 03/24	Guided Meditation - Learning to relax can be tough and a guided meditation is a great way to relax and recharge
Jan 06/12/22/26	Chair Yoga – Let's get our bodies moving this morning with some beneficial exercise!
Jan 08	Practice Positivity Exercise
Jan 12	Scene It Music and Movies – This DVD interactive game is a lot of fun. Can you remember the song or movie?
Jan 19/22	Bingo – Today you can test your luck at Bingo to try to win some prizes!
Jan 22	Let's Make Soup! – No need to bring a lunch today as the group will be making soup!
Jan 29	This morning you can hop aboard the Mexican Train! Join us for this fun domino game

***Note that BIS is a scent-free zone for the health and comfort of those with allergies***

### Brain Injury Services – Barrie Adult Day Services

21 Essa Rd. Unit 1, Barrie ON

Mondays, Tuesdays, Wednesdays, and Fridays 9:00am - 4:00pm

Barrie Office 705-734-2178 Jeremy ext. 243 / Victoria ext. 233

