









Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
01	02 Quick Morning Workout Thanksgiving Pumpkin Centerpiece Craft Wizard 	03	04 <u>Bowling at Bowlerama</u> Quiddler Skip-Bo 	05	06	07
				Social Time: 9:00 am - 10:00 am Coffee/Tea (Provided) Catching up with peers Current Events		
08	09 Thanksgiving BIS CLOSED ☹	10	11 Quick Morning Workout Participants' Choice! <u>Lunch Outing: Uncle Bob's Buffet</u> Phase 10 	12	13	14
				Quick Morning Workout 10:00 am – 10:15 am 10-15 minutes of low impact exercise to get our bodies moving and our brains sharp!		
15	16 Quick Morning Workout Brain Power Wii Sports Games Farkle Dice Game 	17	18 Quick Morning Workout Brain Power Pokeno Participants' Choice! 	19	20	21
				Lunch 12:00 pm – 1:00 pm Be sure to bring a lunch except on Diners' Club and Lunch Outing Days		
22	23 Quick Morning Workout Favourite Music Diners' Club – Spaghetti and Meatballs DVD Movie – Participants' Choice 	24	25 Qi Gong with Theresa from YMCA Dominoes Afternoon: Chromino and Mexican Train 	26	27	28
				Benefits of Qi Gong Improves flexibility Builds strength Lowers heart rate Improves balance		
29	30 Quick Morning Workout Baking Halloween Cookies Five Crowns Halloween Themed Minute to Win It 	31	Happy Halloween <i>When the day is over, let it go.</i> <i>Don't dwell on what you could have or should have done.</i> <i>Tomorrow is another day and another chance!</i>	Be sure to read the back of this calendar for important details and information regarding off-site activities		

Barrie Adult Day Services Highlights for October 2017

- Oct 02** Thanksgiving Pumpkin Centerpiece Craft – Show your creative side making a decorative centerpiece for Thanksgiving. Staff are here to help!
- Oct 04** ***Bowling at Bowlerama*** (Bayfield Mall) - Meet us at the Barrie program site (21 Essa Rd.) by 9:30 am or meet us at the bowling alley at Bayfield Mall (320 Bayfield St.) by 10:00 am. Don't be late!!! ***Cost is \$7.00 (includes shoe rental)***
- Oct 09** Thanksgiving – BIS CLOSED ☹
- Oct 11** ***Lunch Outing*** – Today the group will be going out for lunch at ***Uncle Bob's Country Buffet*** (165 Wellington St. W, Wellington Plaza L4N 1L1). Meet us at the program site or meet us at the restaurant by 12:00pm. ***Participants will need to bring their own funds (Cost \$14.99 – drinks are free)***
- Oct 16** **Brain Power** – Give your brain a workout with trivia, crosswords, boggle, and other cognitive exercises. This afternoon you can challenge your peers in a game of virtual bowling or golf using the **Wii** video game system
- Oct 18** **Pokeno** – This fun game is a combination of poker and keno and is similar to bingo
- Oct 23** **Diners' Club** – Spaghetti and Meatballs is on the menu! Have fun cooking and eating some great food you helped create
- Oct 25** **Qi Gong** – This morning at 10:45, Theresa from the YMCA, will lead us in this ancient Chinese exercise and healing technique that includes meditation, controlled breathing, and movement exercises
- Oct 30** **Halloween Themed Minute to Win It** – This afternoon the group will compete in some fun and silly games to celebrate this spooky holiday!

BIS Adult Day Services offers a variety of social, recreation, and skill building opportunities to adults living with an ABI

Our Program provides support in

Socialization:

Connecting with peers
Building self-esteem/confidence
Improving communication skills

Brain Education and Exercises:

Learning about ABI
Games, puzzles, and problem solving activities to stimulate brain function

Health and Wellness:

Cooking
Physical exercise/fitness/balance
Personal safety

Respite:

Support quality of life for caregivers to reduce stress and fatigue

Brain Injury Services – Barrie Adult Day Services

21 Essa Rd. Unit 1, Barrie ON

Mondays and Wednesdays 9:00am - 4:00pm

Barrie Office 705-734-2178

Jeremy ext 243/ Lyn ext 242



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NOTE: Participants need to be independent with transportation and personal support requirements, as one to one assistance is not available.