










Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
					01	02
03	04 Social Time Quick Morning Workout Participants' Choice Christmas/Holiday Card Making Wizard! 	05	06 Social Time <u>Bowling at Bowlerama</u> Bingo Five Crowns 	07	08	09
				Social Time: 9:00 am - 10:00 am Coffee/Tea (Provided) Catching up with peers Current Events		
10	11 Social Time Quick Morning Workout ABI Education: Self-Esteem Exercise Rummy / Euchre / Cribbage / Sorry 	12	13 Social Time Quick Morning Workout Holiday Open House Mexican Train / Chromino Hanukkah Begins! 	14	15	16
				Quick Morning Workout 10:00 am – 10:15am 10-15 minutes of low impact exercise to get our bodies moving and our brains sharp!		
17	18 Social Time Quick Morning Workout Quiddler Skip Bo  	19	20 Social Time Quick Morning Workout Brain Power: Holiday Trivia Phase 10  	21	22	23
				Lunch: 12:00 pm – 1:00 pm Be sure to bring a lunch except on Diners' Club and Lunch Outing Days		
24	25 Christmas Day BIS CLOSED  Merry Christmas!	26	27 BIS CLOSED 	28	29	30/31
				Be sure to read the back of this calendar for important details and information regarding off-site activities		

Barrie Adult Day Services Highlights for December 2017

- Dec 04** **Christmas / Holiday Card Making** – Tis the season for holiday cards. Get creative making cards for those important to you!
- Dec 06** **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)**
- Dec 11** **ABI Education: Self-Esteem Exercise** - A healthy self-esteem is essential for growth and achieving success. Of all the judgments you make in life, none is as important as the one you make about yourself. These self-esteem exercises will help you cultivate a healthy sense of who you are
- Dec 13** **Holiday Open House** from 11:00am to 1:00pm. Family members and BIS Drop-in participants are welcome to join us for hors d'oeuvres and holiday treats! **Be sure to let staff know if you'll be bringing a family member!**
- Dec 18** **Quiddler** – In this fun game, players compete by spelling words from cards in hands of increasing size, each card worth various points.
- Dec 20** **Holiday Trivia, Games and Treats!**

**BIS OFFICE WILL BE CLOSED FOR THE HOLIDAYS
DECEMBER 25, 2017 THROUGH JANUARY 02, 2018**

BARRIE ADULT DAY SERVICES RETURNS WEDNESDAY JANUARY 03, 2018

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



Supported by / Avec le soutien de



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

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