













Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<p><i>No matter how you feel. Get up, dress up, show up, and never give up!</i></p>		<p>01 Social Time Quick Morning Workout Quiddler Wii Sports</p> 	02	03	04
				<p>Social Time: 9:00 am - 10:00 am Coffee/Tea (Provided) Catching up with peers Current Events</p>		
05	06	07	08	09	10	11
 <i>Clocks Back One Hour!</i>	<p>Social Time Brain Power: Group Crosswords <u>Gentle Moves Dance Class</u> Your Choice!</p> 		<p>Social Time Quick Morning Workout Remembrance Day Recognition Phase 10</p> 	<p>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!</p>		
12	13	14	15	16	17	18
	<p>Social Time Brain Games / Guided Meditation <u>Gentle Moves Dance Class</u> Mexican Train</p> 		<p>Social Time <u>Shuffleboard at Parkview Centre</u> Five Crowns Wizard</p>  	<p>Lunch 12:00 pm – 1:00 pm Be sure to bring a lunch except on Diners' Club and Lunch Outing Days</p>		
19	20	21	22	23	24	25
	<p>Social Time Program Planning for Jan/Feb Your Choice! <u>Gentle Moves Dance Class</u></p> 		<p>Social Time Quick Morning Workout Program Planning Cont'd Diners' Club – Pancakes and Sausage DVD Movie: Participants' Choice</p> 	<p>Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others</p>		
26	27	28	29	30		
	<p>Social Time Chromino Dominoes <u>Gentle Moves Dance Class</u></p>  		<p>Social Time Sit and Get Fit Chair Exercise Your Choice Yahtzee and Farkle Dice Games</p> 	<p>Be sure to read the back of this calendar for important details and information regarding off- site activities</p>		

Barrie Adult Day Services Highlights for November 2017

Nov 01 **Quiddler** – This morning we'll play this fun game in which players compete by spelling words from cards in hands of increasing size, each card worth various points.

Nov 06 / Nov 13 / Nov 20 / Nov 27 **EVERY MONDAY AFTERNOON FOR MONTH OF NOVEMBER**

Gentle Moves Dance Class- Rediscover the pleasure and fun of moving! Each Monday afternoon of this month, the group will be attending this dance/exercise program for individuals with Acquired Brain Injury, chronic pain, Parkinson's, and MS.

If you will not be attending morning activities, **meet us at Collier St. United Church (112 Collier St. L4M 1H3) by 1:15pm.** Class runs from 1:30pm to 3:00pm, so please arrange to be picked up at this location at 3:45pm.

Cost is \$30.00 for all four classes and due the day of the first class (Nov. 06). Cheques will be accepted-make them payable to Miriam Goldberger. Participants' will have to fill out a registration form on first day of class.

Nov 13 **Gentle Moves Dance Class:** 1:30pm -3:00pm (See above for details).

Nov 15 **Shuffleboard at Parkview 55+ Centre -** Meet us at the Barrie program site (21 Essa Rd.) by 9:30 am or meet us at Parkview 55+ Centre (189 Blake St.) by 10:00 am.

Nov 20 **Program Planning** – Today the group will plan activities for January and February. This is YOUR opportunity to plan activities that you like and will help you in your recovery
Gentle Moves Dance Class: 1:30pm -3:00pm (See above for details).

Nov 22 **Diners' Club** – Today we'll have fun making pancakes and sausages for lunch!

Nov 27 **Gentle Moves Dance Class:** 1:30pm -3:00pm (See above for details).

Nov 29 **Sit and Get Fit Exercise** - This chair exercise program promotes healthy aging and functional fitness.

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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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.