
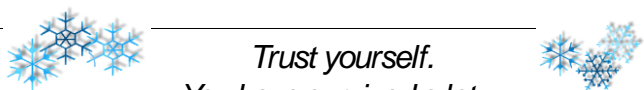

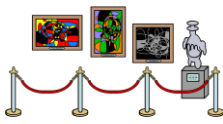







February 2018 - Barrie Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	 <i>I am capable. I am strong. If I believe in myself, I can turn my dreams into plans, and my plans into reality.</i>		 <i>Trust yourself. You have survived a lot. And you will survive whatever is coming.</i>	01	02	03
				Social Time: 9:00 - 9:45 am Coffee/Tea (Provided) Catching up with peers		
04	05 MORNING Wordspiel Word Game AFTERNOON V.O.N. Smart Exercise Sorry /Cribbage /Euchre /Chess 	06	07 MORNING V.O.N. Smart Exercise Five Crowns AFTERNOON MacLaren Art Centre 12:30-2:30pm Exhibition Tour and Reception 	08	09	10
				V.O.N. Smart Exercise This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.		
11	12 MORNING V.O.N. Smart Exercise Valentine's Cards AFTERNOON BIS Virtual Olympics 	13	14 MORNING Bowling at Bowlerama AFTERNOON Chocolate Dipped Strawberries 10, 000 Dice 	15	16	17
				Lunch: 12:00 – 1:00 pm Be sure to bring a lunch except on Diners' Club Day (Feb. 21)		
18	19 Family Day BIS CLOSED ☹️	20	21 MORNING V.O.N. Smart Exercise Diners' Club – Personal Pizzas AFTERNOON DVD Movie 	22	23	24
				Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others		
25	26 MORNING Brain Power – Cranium AFTERNOON V.O.N. Smart Exercise Telestrations 	27	28 MORNING V.O.N. Smart Exercise Quiddler AFTERNOON Wizard and Your Choice! 			
				Be sure to read the back of this calendar for important details and information regarding off-site activities		

OFFSITE ACTIVITIES ARE HIGHLIGHTED AND MAY REQUIRE FUNDS AND CHANGES IN DROP-OFF AND PICKUP LOCATION-SEE REVERSE

Barrie Adult Day Services Highlights for February 2018

- Feb 05** **Wordspiel** – This game provides a twist on the popular Quiddler game. On each turn, simply start your word with the letter of the last card played!
- Feb 07** **MacLaren Art Centre Exhibition Tour and Reception** – 12:30 pm- 2:30pm. MacLaren Art Centre staff will provide a viewing of the display of BIS participants’ art created at the expressive art workshop that was held in January as well as a tour of their current exhibition. The MacLaren will host a celebratory reception afterward! **BIS family members are encouraged to attend. Meet us at the Barrie program site by 11:45 am or meet us at the MacLaren Art Centre (37 Mulcaster St. Barrie ON L4M 3M2) by 12:15 pm.** (Let Jeremy or Lyn know if you will have family members attending). Please arrange pickup from the MacLaren Art Centre at 2:30pm-2:45pm.
- Feb 12** **BIS Virtual Olympics** – Since the winter Olympics are in full swing, we’ll host our own virtual Olympics using the Wii video game system. Try your hand at ski jumping, snowboarding, or bobsledding. Prizes will be given to successful winter athletes!
- Feb 14** **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)
- Feb 19** **Family Day – BIS Closed** ☹
- Feb 21** **Diners’ Club** – Today the group will have fun making our own personal pizzas for lunch!
- Feb 26** **Brain Power: Cranium** – This game provides a variety of activities to challenge you brain. Join us to give your brain a good workout!
- Feb 28** **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

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