












Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	01 BIS CLOSED 	02	03 <i>MORNING</i> Brain Power – Group Crosswords <i>AFTERNOON</i> V.O.N. Smart Exercise Tri-Bond Trivia Game 	04	05	06 Social Time: 9:00 -9:45 am Coffee/Tea (Provided) Catching up with peers Current Events
07	08 <i>MORNING</i> ABI Education: Questions and Answers <i>AFTERNOON</i> V.O.N. Smart Exercise Bingo 	09	10 <i>MORNING</i> Bowling at Bowlerama <i>AFTERNOON</i> Wizard Participants' Choice 	11	12	13 Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners' Club Day (Monday Jan. 22)
14	15 <i>MORNING</i> V.O.N. Smart Exercise Jeopardy / Guided Meditation <i>AFTERNOON</i> Magnetic Darts  	16	17 <i>MORNING</i> Shuffleboard at Parkview Centre <i>AFTERNOON</i> Five Crowns 10,000 Dice 	18	19	20 V.O.N. Smart Exercise This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.
21	22 <i>MORNING</i> V.O.N. Smart Exercise Program Planning for March/April Diners' Club – Stew <i>AFTERNOON</i> DVD Movie 	23	24 <i>MORNING</i> Favourite Music <i>AFTERNOON</i> MacLaren Art Centre will be our guests: Expressive Watercolour Painting Workshop 	25	26	27 Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others
28	29 <i>MORNING</i> Quiddler Word Game <i>AFTERNOON</i> V.O.N. Smart Exercise Scattergories 	30	31 <i>MORNING</i> V.O.N. Smart Exercise Brain Power: Group Boggle <i>AFTERNOON</i> New!: Jok-R-Uummy 			Be sure to read the back of this calendar for important details and information regarding off-site activities

Barrie Adult Day Services Highlights for January 2018

- Jan 01** **BIS CLOSED for New Years – Happy New Year everyone!**
- Jan 03** **Tri-Bond Game** - This game requires players to determine a common bond between three subjects. Test your trivia knowledge and problem solving skills in this fun activity!
- Jan 08** **ABI-Education** – Staff will facilitate a morning of questions and answers you may have regarding acquired brain injury and provide an opportunity for sharing coping strategies and activities that have helped you in your recovery
- Jan 10** **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)**
- Jan 15** **Jeopardy** – Based on the hit TV show, contestants are presented with general knowledge clues in the form of answers, and must phrase their responses in the form of questions
- Jan 17** **Shuffleboard at Parkview Community 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. **No cost for participants!**
- Jan 22** **Diners' Club** – Today we'll make stew for an awesome lunch on a cold winter's day!
- Jan 24** **MacLaren Art Centre Workshop** – This is exciting! Staff from the MacLaren Art Centre will be our guests this afternoon facilitating an expressive watercolour painting workshop. MacLaren staff will assist participants in creating an abstract watercolour painting to be displayed in an exhibition at the MacLaren gallery! No prior experience with art is necessary. Discover the hidden artist in you! The MacLaren will be supplying all materials and their expertise. **No cost for participants!** Participants and family members will be invited to a gallery tour to see the display and attend a reception in early February. Refer to February calendar for more details about the reception
- Jan 31** **Jok-R-Uummy** – New game! – This game provides a fun twist on some of the group favorites such as Phase 10, Five Crowns, and Rummy

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