















| Sun | Monday  | Tue | Wednesday  | Thu  | Fri | Sat  |
|-----|---|-----|--|--|-----|--|
|     | <p><i>Dream Big<br/>Set Goals<br/>Take Action</i></p>    |     | <p><i>Spring is on the way.<br/>Yeah!</i></p>   | 01   | 02  | 03   |
|     |   |     |  | <p><b>Social Time: 9:00 - 9:45 am</b><br/>         Coffee/Tea (Provided)<br/>         Catching up with peers<br/>         Current Events</p>                       |     |  |
| 04  | <p><b>05</b><br/> <i>MORNING</i><br/> <b>Wheel of Fortune</b><br/> <i>AFTERNOON</i><br/> <b>VON Smart Exercise</b><br/> <b>Phase 10</b></p>    | 06  | <p><b>07</b><br/> <i>MORNING</i><br/> <b>VON Smart Exercise</b><br/> <b>Crokinole</b><br/> <i>AFTERNOON</i><br/> <b>Jok-R-Uummy</b></p>   | 08   | 09  | 10   |
|     |   |     |  | <p><b>Lunch 12:00 – 1:00 pm</b><br/>         Be sure to bring a lunch<br/> <b>except</b> on Diners' Club Day<br/>         (Monday, March 19)</p>                   |     |  |
| 11  | <p><b>12</b><br/> <i>MORNING</i><br/> <b>VON Smart Exercise</b><br/> <b>Brain Power: Group Boggle</b><br/> <i>AFTERNOON</i><br/> <b>Five Crowns</b></p>   <p><i>Clocks Ahead One Hour!</i></p>                       | 13  | <p><b>14</b><br/> <i>MORNING</i><br/> <b>St. Patrick's Day Trivia</b><br/> <i>AFTERNOON</i><br/> <b>Matinee Movie at Cineplex Barrie North</b></p>    | 15   | 16  | 17  |
|     |   |     |  | <p><b>VON Smart Exercise</b><br/>         This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p>                  |     |  |
| 18  | <p><b>19</b><br/> <i>MORNING</i><br/> <b>VON Smart Exercise</b><br/> <b>Program Planning for May/June</b><br/> <b>Diners' Club: Ham and Scalloped Potatoes</b><br/> <i>AFTERNOON</i><br/> <b>DVD Movie</b></p>   | 20  | <p><b>21</b><br/> <i>MORNING</i><br/> <b>Shuffleboard at Parkview Centre</b><br/> <i>AFTERNOON</i><br/> <b>Program Planning Cont'd</b><br/> <b>VON Smart Exercise</b><br/> <b>Cribbage/Chess/Euchre/Rummy</b></p> <p><i>Spring Begins!</i></p>   | 22   | 23  | 24   |
|     |   |     |  | <p><b>Benefits of Game Play</b><br/>         Improves brain function<br/>         Relieves stress<br/>         Improves relationships and connection to others</p> |     |  |
| 25  | <p><b>26</b><br/> <i>MORNING</i><br/> <b>Quiddler</b><br/> <i>AFTERNOON</i><br/> <b>VON Smart Exercise</b><br/> <b>Magnetic Darts / Chromino</b></p>   | 27  | <p><b>28</b><br/> <i>MORNING</i><br/> <b>VON Smart Exercise</b><br/> <b>Easter Egg and Flower Pot Decorating</b><br/> <i>AFTERNOON</i><br/> <b>Wii Sports Games</b></p>   | 29   | 30  | 31   |
|     |   |     |  | <p>Be sure to <b>read the back</b> of this calendar for important details and information regarding off-site activities</p>  |     |  |

# Barrie Adult Day Services Highlights for March 2018

- Mar 05** **Wheel of Fortune** - Based on the hit TV show. Spin the wheel, choose a consonant, or buy a vowel, then try to find the sentence on the screen. This word game is a great way to have fun and relax while exercising your brain!
- Mar 07** **Crokinole** – This table top game is really fun! Players take turns shooting discs across the circular playing surface, trying to have their discs land in the higher-scoring regions of the board, while also attempting to knock away opposing discs
- Mar 12** **Brain Power**— Challenge your brain finding as many words as you can in a fun session of group Boggle
- Mar 14** **Matinee Movie at Cineplex Barrie North** – Details to follow...
- Mar 19** **Diners' Club** – Ham and scalloped potatoes is on the menu!  
**Program Planning** – Today the group will plan activities for May and June. This is YOUR opportunity to provide input on activities that you like and that will help you in your recovery
- Mar 21** **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!**
- Mar 26** **Magnetic Poker Darts** – Challenge yourself in this fun game where darts and poker are combined into one exciting game!
- Mar 28** **Easter Egg and Flower Pot Decorating** will be our morning activity followed by a fun afternoon of **Wii Sports!**

**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**