












April 2018 - Barrie Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat	
01	02 Easter Monday BIS CLOSED 	03	04 MORNING Bowling at Bowlerama AFTERNOON VON Smart Exercise Yahtzee 	05	06	07	Social Time: 9:00 - 9:45 am Coffee/Tea (Provided) Catching up with peers Current Events
08	09 MORNING VON Smart Exercise Guest: Ryan Walsh from RVH: <i>Activity-based cancer prevention</i> AFTERNOON Phase 10 Dice Game 	10	11 MORNING Lunch Outing – Swiss Chalet / Harveys AFTERNOON VON Smart Exercise Wizard and Your Choice! 	12	13	14	Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners' Club Day (Wed. Apr. 25)
15	16 MORNING VON Smart Exercise ABI Peer Support Session AFTERNOON Pictionary  	17	18 MORNING Splatter Art AFTERNOON VON Smart Exercise New!: Left Centre Right Game 	19	20	21	VON Smart Exercise This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.
22	23 MORNING VON Smart Exercise Quiddler AFTERNOON Jok-R-Uummy 	24	25 MORNING Brain Power Diners' Club –Pancakes and Sausages AFTERNOON VON Smart Exercise DVD Movie  	26	27	28	Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others
29	30 MORNING Tri-Bond Game AFTERNOON V.O.N. Smart Exercise Scattergories 		Get up. Dress up. Show up and Never give up!				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 April 2018

- Apr 02** **BIS CLOSED –Easter Monday**
- Apr 04** **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)*
- Apr 09** **Guest: Ryan Walsh from RVH** - Ryan will lead us in an activity-based cancer prevention information session. Gain a better understanding of your risks and ways to negate them
- Apr 11** **Lunch Outing to Swiss Chalet/Harveys**– Today the group will be going for lunch at Swiss Chalet / Harveys (participant's choice). *Meet us at the program site by 11:40am or meet us at the restaurant at 12:00pm (85 Barrie View Dr. Barrie L4N 8V4). If you will be picked up from the restaurant , arrange your transportation for 1:15pm. Remember to bring funds!*
- Apr 16** **ABI-Education Peer Support** – 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
- Apr 18** **Splatter Art** – Unleash the inner Jackson Pollock in you by using his technique of splattering paint on a canvas to create a colourful abstract painting. Lots of fun to do and the results may surprise you!
- Apr 23** **Jok-R-Uummy** – This game provides a fun twist on some of the group favorites such as Phase 10, Five Crowns, and Rummy
- Apr 25** **Diners' Club** – Pancakes and sausages are always good! Come out to enjoy a tasty, syrupy lunch!
- Apr 30** **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!

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