


July 2018 - Barrie Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
01 	02 BIS CLOSED <i>Happy Canada Day!</i> 	03	04 <i>MORNING</i> Mini-Golf and Lunch at Cedar Links <i>AFTERNOON</i> VON Smart Exercise Phase 10 in a Can 	05	06 Social Time: 9:00 -9:45 am Coffee/Tea (Provided) Catching up with peers Current Events	07
08	09 <i>MORNING</i> Guided Meditation Quiddler <i>AFTERNOON</i> VON Smart Exercise / Your Choice 	10	11 <i>MORNING</i> VON Smart Exercise Craft: Decorate a Birdhouse! <i>AFTERNOON</i> Summer Walk / Yahtzee 	12	13 Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on BIS/MOD BBQ Day (Wed. July 18)	14
15	16 <i>MORNING</i> Wii Sports <i>AFTERNOON</i> VON Smart Exercise Summer Walk  	17	18 <i>MORNING</i> VON Smart Exercise <i>AFTERNOON</i> BIS/MOD Annual Summer BBQ   	19	20 VON Smart Exercise This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.	21
22	23 <i>MORNING</i> VON Smart Exercise Sequence Game <i>AFTERNOON</i> Jok-R-Uummy 	24	25 <i>MORNING</i> Program Planning for Sept./Oct. Cognitive Skills Workbook <i>AFTERNOON</i> VON Smart Exercise Wizard / Chromino 	26	27 Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others	28
29	30 <i>MORNING</i> Brain Power: Reasoning Skills <i>AFTERNOON</i> VON Smart Exercise Summer Walk / Five Crowns	31	<i>Don't be afraid to jump in.</i> <i>You will only succeed if you try!</i> 			Be sure to read the back of this calendar for important details and information regarding off-site activities

Barrie Adult Day Services Highlights for July 2018

- Jul 02** **BIS CLOSED** – Canada Day long weekend
- Jul 04** **Mini-Golf at Cedar Links** - Meet us at the Barrie program site (21 Essa Rd) by 9:30 am or meet us at the Cedar Links Golf Course (611 Huronia Rd) by 10:00 am. Don't be late!!! *Details and Cost will follow... (Remember to bring sunscreen, hat, and whatever else you require)*
- Jul 09** A great way to unwind and relax is with a **Guided Meditation** session. **Quiddler** will follow and we'll get some **Exercise** in the afternoon.
- Jul 11** **Decorate a Birdhouse** – Get creative designing your own one-of-a-kind home for our fine feathered friends!
- Jul 16** **Wii Sports** – Challenge you peers to a fun virtual game of bowling or golf!
- Jul 18** **BIS / March of Dimes Annual Picnic** - 11:00 am -2:00 pm. Meet us at the program site at the usual time **OR** meet us at 11:00am at Woods Park Care Centre (110 Lillian Crescent, Barrie). Join us for hamburgers, hot dogs, salads, treats, and drinks. Summer fun is guaranteed!
- Jul 23** **Sequence** – Play a card from your hand and place a chip on a corresponding space on the game board. When you have five in a row, it's a sequence. Learn to block your opponents or remove their chips. With a little strategy and luck, you're a winner!
- Jul 25** **Cognitive Skills Workbook** – Join us for some fun exercises involving thought processing and word retrieval.
- Jul 30** **Brain Power: Reasoning Skills** – Exercises that help with dealing with practical situations, reading comprehension, and creative thinking.

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

*Participants' will have several opportunities this month for **Summer Walks** (weather permitting). It's a great opportunity to get outside and explore Barrie's waterfront and get to know the neighborhood!*

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