

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<p><i>Participate!</i> </p> <p><i>Get your Brain and Body Moving!</i></p>				01	02
				<p><b>Social Time: 9:00 - 9:45 am</b> Coffee/Tea (Provided) Catching up with peers</p>		
03	<p><b>04</b> MORNING VON Smart Exercise Memory Challenge AFTERNOON Five Crowns</p>	05	<p><b>06</b> MORNING <b>Bowling at Bowlerama</b> AFTERNOON Phase 10 VON Smart Exercise</p>	07	08	09
				<p><b>Lunch 12:00 – 1:00 pm</b> Be sure to bring a lunch <b>except</b> on Diners' Club Day (Monday Jun. 22)</p>		
10	<p><b>11</b> MORNING VON Smart Exercise Brain Power Activities AFTERNOON <b>Spring Walk to Dairy Queen</b></p>	12	<p><b>13</b> MORNING T-Shirt Decorating AFTERNOON Jok-R-Uummy VON Smart Exercise</p>	14	15	16
				<p><b>V.O.N. Smart Exercise</b> This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p>		
17	<p><b>18</b> MORNING Quiddler AFTERNOON New! Sequence Game VON Smart Exercise</p>	19	<p><b>20</b> MORNING VON Smart Exercise Diners' Club – Club Sandwiches AFTERNOON DVD Movie</p>	21	22	23
<i>Fathers Day</i>				<p><i>Summer!</i></p> <p><b>Benefits of Game Play</b> Improves brain function Relieves stress Improves relationships and connection to others</p>		
24	<p><b>25</b> MORNING Self-Esteem Activity AFTERNOON VON Smart Exercise Tri-Bond Game</p>	26	<p><b>27</b> MORNING VON Smart Exercise Lunch Outing: Mandarin Buffet AFTERNOON <b>Summer Walk / Wizard</b></p>	28	29	30
				<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 June 2018

- Jun 04** **Memory Challenge** – This activity is lots of fun and guaranteed to generate laughs!
- Jun 06** **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)**
- Jun 11** **Spring Walk to Dairy Queen** – Weather permitting, the group will stroll down to Dairy Queen for a sweet treat! **Remember to bring funds**
- Jun 13** **T-Shirt Decorating** – Show your creative side by designing and decorating your own t-shirt. T-shirts and decorating materials will be supplied and staff is always here to help!
- Jun 18** **New! 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!
- Jun 20** **Diners' Club** – Make your own delicious club sandwich for lunch! Everything you need will be supplied. You just need to put it all together!
- Jan 25** **Self Esteem Exercise** - A healthy self-esteem is essential for growth and achieving success. This self-esteem exercise will help you cultivate a healthy sense of who you are
- Jan 27** **Lunch Outing to Mandarin Buffet** – Today the group will be going for lunch at the Mandarin Buffet. **Meet us at the program site by 11:30am or meet us at the restaurant by 12:00pm (28 Fairview Rd. Barrie L4N 4P3). If you will be picked up from the restaurant, arrange your transportation for 1:15pm. Remember to bring funds! (18.99 +Cost of Drink+Tax)**

**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



Supported by / Avec le soutien de



**NOTE: Participants need to be independent with transportation and personal support requirements, as one to one assistance is not available**