












Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
01/02	03 BIS Closed Labour Day 	04	05 MORNING Bowling at Bowlerama AFTERNOON VON Smart Exercise Phase 10 	06	07	08
				9:00 -9:45 am One-to-one assistance from staff or work on personal goals by appointment or by chance		
09	10 MORNING VON Smart Exercise Cognitive Skills Workbook AFTERNOON Sequence Game 	11	12 MORNING VON Smart Exercise Craft – Decorative Boxes AFTERNOON Late Summer Walk / Your Choice 	13	14	15
				Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on BIS/MOD BBQ Day (Wed. Sept. 26)		
16	17 MORNING Guided Meditation Self-Discovery Activity AFTERNOON VON Smart Exercise Five Crowns 	18	19 MORNING Mini-Golf at Cedar Links AFTERNOON Your Choice: <i>Reasoning Skills Brain Power or Work on Your Personal Goal(s)</i> 	20	21	22
				VON Smart Exercise This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.		
23	24 MORNING Thanksgiving Craft AFTERNOON VON Smart Exercise and/or Early Fall Afternoon Walk Jok-R-Uummy  	25	26 MORNING VON Smart Exercise Diners' Club – French Toast! AFTERNOON DVD Movie  	27	28	29
				Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others		
30	 Summer isn't over until Sept.21!		<i>Don't look back. You're not going that way! Small daily improvements are the key to long-term results!</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 September 2018

Sept 03 **BIS CLOSED** for Labour Day

Sept 05 **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)**

Sept 10 **Cognitive Skills Workbook** – Join us for some fun exercises involving thought processing and word retrieval
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!

Sept 12 **Craft: Decorative Boxes** – Practice your fine motor skills creating a one-of-a-kind decorative box. You may want to make one as gift for a friend or family member!

Sept 17 **Self-Discovery** – Discover more about yourself in this introspective activity

Sept 19 **Mini-Golf at Cedar Links** – Meet us at the Barrie program site (21 Essa Road) by 9:30 am or meet us at the Cedar Links Golf Course (611 Huronia Rd.) by 10:00 am. Don't be late!!! **Cost is \$8.00 (\$7.00 for seniors). Remember to bring a hat, sunscreen, and sweater or light jacket, and whatever else you require.**
This afternoon you have the choice of working on some **Reasoning Skills Brain Power** or work on the **Personal Goal(s)** you have set for yourself

Sept 24 This morning we'll make a **Thanksgiving Centerpiece** suitable for decorating your holiday celebrations next month. Weather permitting we'll go for an **Early Fall Walk** this afternoon

Sept 26 **Diners' Club** – Let's make French Toast for lunch! We may have to cook some bacon too!

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