

















Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	  		<p><i>Courage doesn't always roar. Sometimes courage is that quiet voice at the end of the day saying: "I will try again tomorrow".</i></p>	01	02	03
				<p>9:00 - 9:45 am Work on personal goals. One-to-one assistance from staff.</p>		
04  Cocks Back One Hour!	05 MORNING VON Smart Exercise Cognitive Skills Workbook AFTERNOON Rummy/Euchre/Chess/Cribbage 	06	07 MORNING Bowling at Bowlerama AFTERNOON Skip Bo 10,000 Dice  	08	09	10
				<p>Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners Club Day (Wed. Nov. 21)</p>		
11  We Remember	12 MORNING VON Smart Exercise Guided Meditation AFTERNOON Jok-R-Uummy 	13	14 MORNING VON Smart Exercise Leather Craft: Make a Keyfob! AFTERNOON Sequence Game  	15	16	17
				<p>VON Smart Exercise This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p>		
18	19 MORNING VON Smart Exercise Fall Prevention Info AFTERNOON Phase 10 	20	21 MORNING VON Smart Exercise Diners Club: Veal Parmesan AFTERNOON DVD Movie  	22	23	24
				<p>Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others</p>		
25	26 MORNING VON Smart Exercise Scattergories /Program Planning AFTERNOON Bingo 	27	28 MORNING Brain Power: Group Crosswords Reasoning Skills Workbook AFTERNOON Five Crowns VON Smart Exercise 	29	30	
				<p>Be sure to read the back of this calendar for important details and information regarding off-site activities</p>		

Barrie Adult Day Services Highlights for November 2018

- Nov 05** **Cognitive Skills Workbook** – Join us for some fun exercises involving thought processing and word retrieval
- Nov 07** **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)*
- Nov 12** After our morning **VON Smart exercise** you can unwind and relax with a **Guided Meditation** session. **Jok-R-Uummy** will be our afternoon activity
- Nov 14** **Leather Craft** – This morning you can have some fun making your own leather key fob!
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!
- Nov 19** November is **Fall Prevention Month** so staff will present some recommendations on preventing falls in and outside your home
- Nov 21** **Diners' Club** – The group will eat well today as Veal Parmesan is on the menu!
- Nov 26** **Scattergories** - The objective of this fun game is to score points for your team by uniquely naming objects within a set of categories, given an initial letter, within a time limit
- Nov 28** **Brain Power: Group Crosswords and Reasoning Skills Workbook** – Exercises that can help 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

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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North Simcoe Muskoka Local
Health Integration Network
Réseau local d'intégration
des services de santé de
Simcoe Nord Muskoka

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