














December 2018 - Barrie Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
01/02 Hanukkah Begins 	03 <i>MORNING</i> Jok-R-Uummy <i>AFTERNOON</i> VON Smart Exercise Wizard 	04	05 <i>MORNING</i> Shuffleboard at Parkview Centre <i>AFTERNOON</i> Five Crowns Group Crosswords 	06	07	08 9:00 - 9:45 am Work on personal goals. One-to-one assistance from staff.
09	10 <i>MORNING</i> VON Smart Exercise Brain Power Worksheets <i>AFTERNOON</i> Christmas Card Making  	11	12 <i>MORNING</i> VON Smart Exercise Wii Bowling <i>AFTERNOON</i> Participant's Choice  	13	14	15 Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners Club Day (Wed. Dec. 19)
16	17 <i>MORNING</i> VON Smart Exercise Christmas Painting Project <i>AFTERNOON</i> Skip Bo / Euchre 	18	19 <i>MORNING</i> VON Smart Exercise Diners' Club - Christmas Feast: Stuffed Chicken/ Garlic Mashed Potatoes <i>AFTERNOON</i> DVD Movie  	20	21	22 VON Smart Exercise This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.
23	24 <i>MORNING</i> VON Smart Exercise Christmas Trivia and Games BIS Open till 1:00pm- Arrange pickup for no later than 1:00pm 	25 Merry Christmas 	26 <i>BIS Office and Programs Closed From Dec. 25 through Jan. 01 See you all on Wednesday Jan. 02 Happy New Year to all!</i> 	27	28	29/ 30/ 31 Be sure to read the back of this calendar for important details and information regarding off-site activities

Barrie Adult Day Services Highlights for December 2018

- Dec 03** **Jok-R-Uummy** – This game provides a fun twist on some of the group’s favorites such as Phase 10, Five Crowns, and Rummy
- Dec 05** **Shuffleboard at Parkview Community Centre** - Meet us at the Barrie program site (21 Essa Rd.) by 9:30 am or meet us at Parkview 55+ Centre (189 Blake St.) by 10:00 am. **No cost for participants!**
- Dec 10** **Cognitive Skills Workbook** – Join us for some fun exercises involving thought processing and word retrieval. **Christmas Card Making** in the afternoon
- Dec 12** **Wii Bowling** – Challenge your peers in a fun virtual bowling experience!
- Dec 17** **Christmas Painting Project** – This morning we can work on our fine motor skills creating a Christmas themed artistic masterpiece (well...maybe). Should be fun!
- Dec 19** **Diners’ Club** – Stuffed breaded chicken breast, garlic mashed potatoes, and homemade cranberry sauce will be on our menu for a tasty holiday feast!
- Dec 24** After our morning exercise, we’ll enjoy some **Christmas Trivia and Games**. ***Our program will only run for a half day today, so please be sure to be picked up by 1:00 pm***

*BIS Office and Programs Closed From Dec. 25 through Jan. 01
See you all on Wednesday Jan. 02
Happy Holidays!*

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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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

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